

# ***Low-Carbohydrate Cooking***

## ***from alt.support.diet.low-carb***

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# Chapter 1 - Appetizers

## **Lobster Salad in Endive from Amy Kanarios**

Makes 24 appetizers; serves 6 to 8

If you want to be good to yourself and your guests at the same time, ask your fish store to sell you cooked fresh lobster meat, instead of cooking a lobster yourself. This is a great summer appetizer or a special treat for New Year's Eve. This recipe is also good, and not quite so expensive, with cooked shrimp or crabmeat. You'll see that a little salad makes a lot of appetizers.

3/4 pound fresh cooked lobster meat, small-diced  
1/2 cup good mayonnaise  
1/2 cup small-diced celery (1 stalk)  
1 tablespoon capers, drained  
1 1/2 tablespoons minced fresh dill  
Pinch kosher salt  
Pinch freshly ground black pepper  
4 heads Belgian endive

Combine the lobster, mayonnaise, celery, capers, dill, salt, and pepper. With a sharp knife, cut off the base of the endive and separate the leaves. Use a teaspoon to fill the end of each endive leaf with lobster salad. Arrange on a platter and serve.

Connie Wheeler adds, "Make sure you use real lobster though. I was perusing through my carbohydrate counter just yesterday at fish and seafood and noticed that the fake lobster or crab is really pretty high in carbohydrates at 8.5 carbs per 3 oz.

## **Olive Garden Hot Artichoke and Spinach Dip** *(adapted by Janis Ross)*

1 pkg. Cream Cheese  
1 can 14 oz. Progresso Artichoke Hearts, drained, coarsely chopped  
1/2 cup Spinach, frozen chopped, or steamed  
1/4 cup Mayonnaise (do not use Miracle Whip)  
1/4 cup Parmesan Cheese  
1/4 cup Romano Cheese (You can use all Parmesan)  
1 clove garlic, finely minced  
1/2 tsp. fresh basil (dry 1 tbsp. Basil)  
1/4 cup Mozzarella Cheese grated  
1/4 tsp. Garlic Salt  
Salt and Pepper to taste

Allow cream cheese to come to room temperature. Cream together mayonnaise, Parmesan, Romano cheese, garlic, basil, and garlic salt. Mix well. Add the artichoke hearts and spinach (careful to drain this well), and mix until blended. Store in a container until you are ready to use. Spray pie pan with Pam, pour in dip, and top with cheese. Bake at 350 degrees for 25 minutes or until the top is browned. Serve with with cucumber slices, pork rinds or sliced celery).

### **Guacamole Dip or Salad Dressing**

3 ripe avocados  
3 Tbsp. lemon juice  
1 small onion very fine chopped  
1 tsp. garlic powder  
2 Tbsp. mayonnaise  
Salt and pepper to taste  
Dash of Tabasco sauce  
Dash of Worcestershire sauce  
Very finely chopped jalapenos peppers to taste  
1 chopped ripe tomato

Placed peeled and cut avocados in a medium bowl and on low speed blend with mixer. Add remaining ingredients, adding jalapenos to suit your taste and blend until mixture is thoroughly blended together but not soupy. Chill and serve on lettuce as salad or with chips as dip. Place avocado pits in mixture while being stored in refrigerator to keep mixture from turning dark.

### **Jan's Hot Crab Dip**

8 ounces cream cheese, softened  
1 tbsp. cream  
1 pound lump crab meat - use the canned or fresh mixed with the canned  
2 tbsp. finely chopped onions  
1 tsp. horseradish  
1/8 tsp. black pepper  
1/2 cup toasted almonds

Preheat oven to 375:. Combine the cream cheese and milk; add the crabmeat, onion, horseradish and pepper. Blend well and spoon into an ovenproof dish. Sprinkle with toasted almonds. Bake at 375: for 15 minutes. Serve hot with vegetable sticks or pork rinds as dippers. Serves 8-12.

### **Crab-Cheese Dip**

2 cans (6 1/2 oz. each) crabmeat  
1 container (8 oz.) creamed cottage cheese  
2 tbsp. mayonnaise  
1 tbsp. prepared mustard  
1 tbsp. lemon juice  
1/2 tsp. salt  
Parsley

Twisted lemon slices

Drain crabmeat thoroughly. Reserve reddest pieces for garnish. Put remaining half in container of electric blender with cheese, mayonnaise, mustard, lemon juice and salt. Whirl until blended. Place in bowl and garnish with remaining crabmeat, parsley, lemon slices.

Makes 1 2/3 cs. Calories.....27.....Fat.....1 g. per tbsp. Carbs.....0.5 g. Fiber.....0 g.

### **Elizabeth's Tuna Dip**

1 six ounce can of tuna  
1 eight oz. brick of cream cheese, warmed to room temperature  
(or a maybe even little warmer, so that it's really soft)

Mash cream cheese and the tuna together, put into a nice bowl, and serve with pork rinds, celery sticks, cauliflower, etc.

### **Brenna's Antipasto Platter**

|                |                     |
|----------------|---------------------|
| Sliced cheeses | Marinated mushrooms |
| Salami         | Artichoke hearts    |
| Pepperoni      | Olives              |

Arrange artistically on large platter and serve.

### **Crab Meat Mousse**

1 T gelatine  
3 T cold water  
1/4 C mayonnaise  
2 T each lime & lemon juice  
1 T each parsley and chives, chopped  
1 T prepared mustard  
Salt and pepper to taste  
2 C flaked cooked crab meat  
3/4 C whipping cream, whipped  
Slices of lime  
2 avocados, mashed

Soften gelatine in cold water and dissolve in double boiler over hot water. Mix gelatine with mayonnaise, lime and lemon juice, parsley, chives, mustard, salt, and pepper to taste. Fold in crab meat and whipped cream. Pour mixture into buttered ring mould and chill until set. Unmold on serving dish. Garnish with slices of lime. Fill centre with mashed avocado and sprinkle with chopped chives.

May be prepared in individual moulds or served as an hors d'oeuvre.

### **Laurie's Chicken Cheese Dip**

2 cups chopped, cooked chicken  
3/4 cup mayonnaise  
2 green onions, minced  
1/2 tsp. dried basil  
1/4 tsp. dried thyme  
1/2 tsp. salt  
1/4 tsp. pepper  
1/2 cup grated Swiss cheese  
1/2 cup grated Parmesan cheese

Preheat oven to 350°. Mix together chicken, mayonnaise, green onions, spices, Swiss cheese and 2 tablespoons Parmesan cheese. Put mixture in a buttered casserole dish. Sprinkle the rest of the Parmesan cheese on top. Bake about 10 minutes, until top is browned.



## **Cheese Puffs**

1 pkg. (3 oz.) cream cheese (they'd be good with pepper cheese, too)  
1/4 lb. sharp cheddar cheese  
1 stick butter  
2 egg whites, stiffly beaten  
Pork Rinds

Melt cream cheese, cheddar cheese and margarine in a double boiler. Fold cheese mixture into stiff egg whites. Dip pork rinds. Let stand in refrigerator overnight. Bake the puffs in a slow oven, 250 degrees, for about an hour, or until crisp. The texture comes out like a cookie.

cream cheese - 3 carbohydrates    cheddar cheese - 4 carbohydrates    egg whites - .6 carbohydrates  
Total carbohydrates : 7.6

Store in an airtight container.

## **Stuffed Mozzarella**

Serving Size: 4  
4 ounces mozzarella cheese  
3/4 pound fresh spinach – steamed  
2 red bell peppers - sliced lengthwise  
1 tablespoon balsamic vinegar  
2 cups mixed salad greens  
2 tomatoes - sliced

Flatten fresh mozzarella to 1/2" width. Layer with spinach and red peppers. Roll up jellyroll fashion from longest end. Slice and serve with greens, tomatoes slices drizzled with balsamic vinegar.

## **Olive Garden Artichoke-Spinach Dip**

1 cup chopped artichoke hearts (canned or frozen and thawed) drain the canned ones  
1/2 cup frozen, chopped spinach, thawed  
8 ounces cream cheese  
1/2 cup grated Parmesan cheese  
1/2 tsp. crushed red pepper flakes  
1/4 tsp. salt  
1/8 tsp. garlic powder  
Dash of black pepper

Boil the spinach and artichoke hearts in a cup of water in a small saucepan over med. heat until tender, about 10 minutes. Drain well in a colander. Heat the cream cheese in a small bowl in the microwave set on high for 1 minute. Or, use a saucepan to heat the cheese over med. heat just until hot. Add the spinach and artichoke hearts to the cream cheese and stir well. Add remaining ingredients to the cream cheese mixture and combine. Serve hot with crackers, chips etc.

Serves 4 as an appetizer.

## **Fresh Crab Cocktail**

### ***Cocktail Sauce***

2 cups tomato sauce  
2 tablespoons horseradish (fresh if available)  
2 tablespoons burgundy wine (optional)  
1 tablespoon lemon juice  
1/4 teaspoon pepper  
1/2 teaspoon salt

Combine all ingredients by hand and chill thoroughly.

### ***Crab Cocktail***

2 whole fresh Dungeness crab, cleaned and cracked  
Shredded fresh iceberg lettuce  
2 fresh lemons, quartered

Line a serving bowl with the shredded lettuce. Arrange a cracked crab attractively on top of lettuce and garnish with lemon quarters. Serve cocktail sauce in separate bowl.

Serves 4

## **Jamie's Crabbie Spread**

1 stick butter, room temperature  
1 jar Kraft Old English Cheese Spread  
1 Tbsp. mayonnaise  
1 can crab (approximately 7 ounces)  
Minced garlic or garlic powder to taste

It's fabulous briefly broiled or baked at 400 until bubbly and browned, but what to put it on is a bit of a problem on low-carb. I tried Wasa crackers, which came out rather soggy, and not very good. Portobello mushrooms might work better as a base. Or stuff it in some celery sticks, or use rounds of zucchini as a base.

## **Kyle's Cheese Ball**

16 oz. cream cheese (softened)  
2-3 green onions (chopped)  
3/4 tsp. mustard  
1 tbsp. mayonnaise  
1/2 tsp. cayenne pepper  
1 tsp. paprika  
1 tsp. Accent  
1 tsp. garlic powder  
1 tsp. Worcestershire sauce  
1 tsp. Tabasco sauce (optional)  
1/2 cup chopped pecans

Mix all ingredients except the pecans, and shape into a ball. roll ball in pecans, and enjoy!!!

## **Options for Chips and Dippers**

- Take one American cheese slice, place on parchment paper or heavy duty freezer wrap in microwave, and microwave for 1 minute 10 seconds, until crispy.
- Take very thinly sliced cooked salami, place between paper towels and microwave until crispy! Almost like a potato chip without the potato
- Sliced fresh vegetables make good dippers. Try spears of broccoli, slices of mushroom, cucumber or zucchini, spoons of sweet red and green pepper.
- Hollow out cherry tomatoes and fill with any spread or dip.
- Any sliced deli meat can be covered with a spread or dip and rolled-up for great finger food.

## **Cream cheese/Bleu cheese/Pesto Thingy – from Barbara Ashley**

1 - 8 oz brick of cream cheese  
4 oz crumbled bleu cheese or more to taste  
Pesto sauce  
Chopped sun-dried tomatoes (preferably in olive oil)

Let the cream cheese come to room temperature. Mix in the blue cheese. Line a small Tupperware container or the like with wax paper. Spread half of the cream/blue mixture in the container. Put a thin layer of pesto, followed by a thin layer of the sun-dried tomatoes. Spread the rest of the cream/bleu cheese mixture in. Cover and refrigerate. I eat this with WASA (even though they have more carbs than I would like).

## **Chicken Cheese Dip**

2 cups chopped, cooked chicken  
3/4 cup mayonnaise  
2 green onions, minced  
1/2 tsp. dried basil  
1/4 tsp. dried thyme  
1/2 tsp. salt  
1/4 tsp. pepper  
1/2 cup grated Swiss cheese  
1/2 cup grated Parmesan cheese

Preheat oven to 350°.

Mix together chicken, mayonnaise, green onions, spices, Swiss cheese and 2 tablespoons parmesan cheese. Put mixture in a buttered casserole dish. Sprinkle the rest of the parmesan cheese on top. Bake about 10 minutes, until top is browned.

## **Teresa's Chicken "Paste"**

DH loved this, and insisted I ought to post it. Since he rarely takes an interest in the NG, I'm complying. I'm actually surprised with the way it came out, but it would be good as a dip. I expected more chunks of chicken, not so much of a paste.

4 boneless chicken breasts  
16 oz of cream cheese  
16 oz of sour cream  
One packet of taco seasoning  
Lettuce  
Cheese (grated)

Take first four ingredients and combine in food processor w/metal blade. This is the basic "paste" or dip. Then make a layer of lettuce and cheese. Fairly simple. Way too much food for two people, we'll be eating it with pork rinds for days, and I'll probably have to eat it for a couple of meals. There are about 10 carbs in a packet of taco seasoning, but it is so much food, a serving will make that negligible.

It did NOT turn out the way I expected, but it was a fun experiment.

## **Cheese Balls**

16 oz. cream cheese (softened)  
2-3 green onions (chopped)  
3/4 tsp. mustard  
1 tbsp. mayonnaise  
1/2 tsp. cayenne pepper  
1 tsp. paprika  
1 tsp. Accent  
1 tsp. garlic powder  
1 tsp. Worcestershire sauce  
1 tsp. Tabasco sauce (optional)  
1/2 cup chopped pecans

Mix all ingredients except the pecans, and shape into a ball. roll ball in pecans, and enjoy!!!

## **K in Cali's Bacon Cheddar Dip**

This concoction is so simple and so tasty and so versatile you will probably end up using it a lot this coming holiday season

16 oz sour cream  
2 cups shredded cheddar cheese  
2 oz real bacon bits  
One envelope ranch dressing mix or ranch party dip mix

Combine all ingredients in a bowl, cover and chill one hour. Can be used as veggie/pork rind dip or you can use it over chilled chopped cauliflower for baked fauxtauto salad.

### **Todd's Shrimp Dip**

1 6 oz. can baby shrimp, drained  
1 8 oz. package of Reduced Fat Philly Cream Cheese (for some reason this has 1 g carb, compared to the full fat version)  
1/2 cup mayonnaise (Hellman's is best)  
Garlic salt to taste

Mix it all together, and enjoy. You can add milk and/or more mayonnaise to thin it out. I like it thick. Sticks to the cheese and veggies better.

### **Jamie's Shrimp Pie**

- Spread a glass pie pan or dinner plate thickly with an entire package of Philly chive cream cheese
- Spread over that a thin layer of shrimp cocktail sauce (sugarfree ketchup with horseradish mixed in to taste)
- Spread one drained can baby shrimp on top
- Garnish with fresh parsley.

### **Toasted Seasoned Nuts – posted by Barbara Ashley**

2 tablespoons butter  
1 teaspoon seasoned salt  
1 teaspoon seasoned pepper  
1/2 teaspoon garlic powder  
1/2 teaspoon sale  
1/4 teaspoon cayenne pepper  
1 cup whole almonds  
1 cup pecan halves  
1 cup walnut halves

Preheat oven to 300. Melt butter in large skillet. Stir in spices. Stir in nuts to coat. Pour in a rimmed baking sheet and spread in a single layer. Bake for 10 minutes. Stir and bake 10 minutes longer or until lightly toasted. Cool and store in an airtight container.

### **EmmBee's Stuffed Mushrooms**

#### **Whole Mushrooms - Fresh**

Cream Cheese  
Packaged Dried Beef

Pull the stems off the mushrooms and use them for something else (I toss them). Chop up the beef - I use about 1/4 package for 8 oz mushrooms. Mix the beef with 4 oz cream cheese. Stuff the mushrooms (a little overflowing) with the cream cheese mixture and bake at 350 until the cheese is a little brown.

I'm not sure what the carbs are for each, but the beef is 0, Cream Cheese <1 for an ounce, and mushrooms are 1.6 for 1/2 cup.

You could bring this as an appetizer to a party and then you'll have something to eat too!

**Spinach Dip - from Christina Malm**

16 oz Sour cream &/or Mayonnaise or combo of both  
1 -2 pack frozen spinach thawed, drained and squeezed  
1 tbsp. garlic powder or 1 clove of minced fresh garlic  
1 tbsp. oregano  
2 tbsp. dried parsley or 1/4 c fresh chopped  
1 bunch chopped green onion  
Salt & pepper  
1/2 tsp. chili powder

Mix and refrigerate overnight. Add more seasonings to taste.

**Guacamole – from Barbara Brenner**

1 med. tomato, peeled  
2 ripe avocados, black or green  
3 Tbsp. finely chopped, canned green chilies (I use mild, but you can use whatever you want)  
1/2 cup finely chopped onion  
1-1/2 Tbsp. white vinegar  
1/8 tsp. pepper

1. In a medium bowl, crush tomato with potato masher
2. Peel avocados, halve crosswise, and remove pits. Slice avocados into crushed tomato. Crush with tomato until well blended
3. Add chile peppers, onion, vinegar, and pepper. Mix well
4. Refrigerate, covered, until well chilled—at least 1 hour

Hope you like it. Holds for about a week. Try it with Grilled chicken slices on top of onions, mushrooms, and green peppers. Add a dollop of sour cream. Also great with pork rinds.

**Tina's Salsa Cheesecake**

3 8-ounce packages of cream cheese  
3 eggs  
1/2 cup low-carbohydrate salsa (check the nutritional information on the label)  
3/4 cup sour cream  
1/2 cup chopped red pepper  
1/2 cup chopped green onion  
1/2 cup grated cheddar cheese

Preheat oven to 325. Beat cream cheese with eggs until blended. Mix in salsa. Spray 9-inch springform pan with cooking spray. Pour cheese/egg/salsa mixture into pan and bake for 45 minutes.

Remove from oven, and cool for 10 minutes. Loosen sides of pan, and cool to room temperature. Remove sides and chill until just before serving.

Spread top of cheesecake with sour cream and sprinkle with red pepper, green onion and cheddar cheese. Cut in wedges to serve.

One serving (1/12 of cake): 278 calories, 5.04 grams carbohydrate



### **Curried Pumpkin Seeds – from Mae West**

1/4 cup curry powder  
1 clove garlic, crushed  
1/4 cup hot water  
1 cup water  
1 teaspoon salt  
2 cups plain pumpkin seeds  
melted butter  
(optional-- cayenne pepper)

Combine the curry powder, garlic and hot water; mix until blended. Add 1 cup water and salt. Heat to a simmer, stirring constantly. Add the pumpkin seeds, and simmer for 5 minutes; drain. Spread the seeds on a cookie sheet, brush with a little melted butter and sprinkle with additional salt, and perhaps some cayenne pepper. Toast under the broiler until lightly browned. Makes 2 cups. About 40 seeds equals about 7 carbs.

### **Smoked Gouda-Stuffed Chicken Wrapped in Bacon**

(posted by JBruner)

Serves Four

Preheat oven to 350 degrees  
4 boneless chicken breasts  
3 TBS butter  
Salt  
1/2 tsp. black pepper  
1/2 tsp. garlic powder  
1/4 tsp. paprika  
1/4 tsp. cayenne  
1/2 cup smoked Gouda cheese  
4 slices bacon

Flatten each chicken breast to 1/2 inch thickness. Combine pepper, garlic powder, paprika and the cayenne together in a small bowl and spread evenly on both sides of the chicken breasts. Salt to taste. Cut the smoked Gouda into small pieces and place one quarter of the cheese on each breast. Press down firmly and roll the breast starting with the narrow end. Wrap each chicken breast with one piece of bacon. Melt the butter in a skillet over medium heat. Brown the chicken rolls evenly in the butter until the bacon begins to crisp. Place the four chicken rolls in a baking dish and bake at 350 degrees for 20 minutes.

Serve immediately.

**Ham/Green-Onion Roll-ups – from Sue George**

Thinly sliced ham (the kind you can buy pre-packaged, like in the luncheon meat area)

1 8 oz. package of cream cheese, softened

A few green onions, washed and the roots removed

Spread some cream cheese on a ham slice, then cut a green onion to the appropriate length, place at one end of the ham slice covered with the cream cheese and start rolling (I usually roll the small end - but you could roll it lengthwise, doesn't matter).

Allow them to chill and then slice with a sharp knife into 1/2" sections...display on their "sides" with the cream cheese and the green onion "centers" showing...very tasty and pretty too.

**Diva's Beef Coin Snacks**

12 ounces lean minced beef

3-4 ounces bacon

Salt, pepper, garlic powder, dried parsley

Combine a liberal amount of seasonings with meat. Roll up in Saran wrap until it resembles cookie dough. Twist ends. Chill for several hours. Remove and reserve plastic wrap. Cut in half. Wrap rolls in bacon. Bake on a rack pan to catch drippings at 375 for 40 minutes. Cool. Remove bacon, cut bacon in pieces, fry and use in salad etc. Rewrap meat rolls and chill well. Slice in 1/4 inch rounds. Good for snacking or dipping.

## Chapter 2 - Beverages

### **Chocolate Shake**

Put in blender:

1/4 cup cream  
1/4 cup cottage cheese  
1/4 cup egg substitute  
1/2 cup water  
1 Tbsp. cocoa  
2 heaping Tbsp. Equal or Splenda  
2 heaping Tbsp. lowcarb protein powder (optional)

Blend a few minutes then blend in about 8 cubes ice, one at time.

### **Hot Chocolate**

1 tsp. cocoa powder  
2 tsp. Splenda  
8 oz hot water.  
1 tsp. instant coffee

Mix together and enjoy!

### **Frappachino – from Tim Hewitt**

Brew 4 cups strong coffee. (make espresso if you like. I use a French press for a full extraction)

Add 1 cup to 1.5 cups cream  
15 to 30 drops of liquid sweet n low

Stir then cool. Store in fridge, pour over ice and enjoy.

### **Desiree's Strawberry Shake**

1/2 C Land O'Lakes gourmet whipping cream  
2 T Equal  
1/2 C Strawberries  
1/4 C water  
5 ice cubes

Blend in blender until ice is integrated into mixture. Serve.

### **Protein Shake**

2 Standard Scoops Protein Powder  
2 Tbsp. Canola or Flax Seed Oil  
1 tsp. Sugar-Free Laxative  
1/2 tsp. Vanilla (optional)  
Cinnamon to taste (optional)  
Water

In a shaker bottle, mix powders. Then add oil & shake well until oil is completely absorbed by powders. Fill to top with water and shake well. Allow to stand at least ten minutes. Shake again & drink. The laxative will expand as it stands giving the drink a creamy texture. Very low-carb.

**Protein “Milkshakes”**

Use flavoured Protein powder; vanilla, chocolate, banana, plain.

1 to 2 scoops vanilla egg protein powder (24 g pro. & 1 g = carb. each)

1/3 cup cream (about 2 g carb.)

2/3 c water

1/3 c frozen strawberries (4.5 g carb).

**Anne’s Protein Shake**

8 oz unsweetened soy milk (5g carbs, 4g fibre) \*\*\*This is not the same as “plain” soy milk. Make sure it’s sugar free!\*\*\*

4 oz heavy cream (1.65g carbs)

1 scoop sugar free vanilla protein powder (1g carbs)

Some sugar free DaVinci vanilla syrup (0g carbs) (I guess I use about 3 tbsp.)

1/2 tsp. sugar free Tang (0g carbs)

4-5 cubes ice

In the blender till it’s smooth — deeelicious!

**Hot Cocoa – from Annakaisa**

1/4 cup heavy cream

3/4 cup boiling water

1 tbsp. cocoa powder

Sweetener to taste

Mix cream with cocoa powder until dissolved. Add boiling water and sweetener (I use about 10 tablets). Mix until sweetener has dissolved and enjoy!

**NOTE: Jamie posted his fantastic collection of shake recipes on the news group. Many thanks for his assistance in compiling these recipes.**

**Protein Shake - from: “Richard and Wendy Lee”**

3 tablespoons Challenge 95 vanilla or chocolate protein powder (0g)

1/2 cup. Lucerne or Vitamilk cottage cheese (4g)

1/4 cup Vitamilk heavy whipping cream (1.65g)

3/4 cup liquid. either crystal light or water

6-8 ice cubes

Blend.

**Protein Shake - from Debbie Cusick**

1/2 cup unsweetened coconut milk

1/4 cup Healthy N Fit 0-carb egg protein powder (vanilla flavour, but all the ingredients read is “vanilla flavouring” – no sweetener)

1/2 cup water

3-4 ice cubes

1/2 tsp. vanilla (or other extract depending on flavour of shake)

2 rounded tsp. sugar-free instant pudding powder, flavour of choice

Sweetener to taste, if desired

Combine all ingredients except ice cubes in blender and blend until mixed. Add ice cubes and blend for a couple more minutes. Pour into glass and enjoy.

### **Protein Shake 1 - from: “Tricia Rae”**

One scoop of Whey protein powder  
One tablespoon Just whites  
1 1/2 cups water  
1/2 cup strawberries

### **Protein Shake II – from Tricia Rae**

One cup coffee  
1/4 cup coconut milk  
1/4 cup whipping cream  
One scoop protein powder  
Equal tablets to taste

### **Shake - from: “Florida Mike”**

Here is a shake I used to use after my workouts in the gym or football field. I still use it now on my Atkins/PP hybrid diet. Tastes good and good for you :-)

2 scoops chocolate Designer Protein (whey protein)  
1 scoop of N-R-G protein powder (soy, casein, whey, egg proteins)  
1 whole egg  
2 tablespoons macadamia nut oil (mmm mmm good)  
2 packets of Equal  
1/2 cup of half and half  
2 cups of water  
4-5 ice cubes

I find this shake a treat and use it as desert most of the time. Most other shakes I have to force down. Hope this helps you out some.

### **My Favourite Protein Shake when Dieting – from Jamie Burns**

1 scoop Optimum Nutrition 100% Whey/Strawberry (1g. carb, sweetened w/stevia)  
1 tsp. Brewer’s Yeast (about 3 g. carb, but good glucose disperser)  
1 tbs. Cod Liver Oil  
1 tbs. Flax seed oil (without lignans)  
2 tbs. Twin Lab MCT Oil  
1 tbs. Heavy whipping cream  
...and on days 2 through 5 of the BodyOpus diet, I add  
1 tbs. wheat bran (5 g. carbs/3.5 g. fiber) or 1 tsp. Metamucil (has aspartame and maltodextrin)

### **Protein Shake # 1 – from Kathleen Shapiro**

1 scoop Designer Protein, Vanilla Praline  
 2 Tbsp. Heavy Cream  
 1 packet Sweet 'n Low  
 3/4 cup Seltzer  
 1/2 capful Vanilla or Maple flavouring  
 1 1/2 Tbs Barlean's flax seed oil  
 Some Ice Cubes

Pulse in blender until ice is not "clinking". Enjoy!

### **Protein Shake #2 – from Kathleen Shapiro**

1 scoop Designer Protein, Vanilla Praline  
 2 Tbsp. Heavy Cream  
 3/4 Cup Canfield's Diet Chocolate Fudge Soda (NO citric acid!)  
 1 1/2 Tbsp. Barlean's flax seed oil  
 Some Ice Cubes

Pulse in blender until ice is not "clinking". Enjoy!

### **Protein Shake – from Screamer**

1 1/2 cups Crystal Light - any flavour (already mixed with water)  
 4 tablespoons heavy whipping cream  
 2 scoops carb-free, fat free vanilla egg protein powder  
 1 ounce cream cheese  
 About 1 cup ice cubes

Whip and enjoy. A Pitcher of this lasts me all day, sometimes 2, depending. About 5 carbs, plus the crystal light.

### **K in Cali's Favourite Protein Shake Recipe**

12 oz very cold diet orange soda  
 2 scoops vanilla flavoured protein powder, preferably Jay Robb  
 2 oz cream  
 1 cup or so of ice

Combine above in blender, blend for 1 1/2 minutes, pour and serve. Cream can be omitted if dairy sensitive. Tastes fabulous. I don't have it often due to citric acid but it is great in the morning especially if one is going to work out.

### **Protein Shake - from the Protein Power book**

1/2 cup raspberries, sliced strawberries or peaches, fresh or frozen  
 1/2 cup cottage cheese  
 1/4 cup plain yogurt  
 Crystal Light or Sugar Free Tang (already mixed, not the powder) to taste, enough to cover all the other ingredients in the blender jar.

Mix in the blender. You can add ice if using fresh fruit.



## **The Frugal Gazette Diet Drink**

7 Tbsp. powdered egg white

4 Tbsp. regular flavour, smooth texture Metamucil with no sugar or sweeteners

20 packets diet sweetener (I suppose you could use sugar to taste if you are watching out for fat and not for carbs)

1 c. and 2 Tbsp. non-fat dry milk

For flavour, ONE of the following:

4 Tbsp. powdered unsweetened cocoa

6 tsp. vanilla extract

1 package powdered unsweetened drink mix ("Kool-Aid"), strawberry or raspberry

1. Dry Mix: place egg whites, Metamucil, sweetener and dry milk into a bowl. Thoroughly mix all ingredients. Add the desired flavouring and store in a sealed container at room temperature. (If using vanilla extract, stir until evenly distributed and allow to dry in open container for 2-4 hrs)

2. To Reconstitute Drink Mix: Add 3 Tbsp. of dry drink mix to 1 1/2 cups cold 1% or skim milk. For best results, use a blender, food processor or shake vigorously in closed container.

## **Jamie's Protein Shake Base with Variations**

(about 28g protein, 5g carb)

1/2 cup cottage cheese (rinsed in a strainer, if it has a sour taste)

1/2 cup pasteurized egg whites (Second Nature Eggs, has no onion or garlic like Egg Beaters do)

For each variation, add the following ingredients and whirr in blender

### ***Variation 1 - Peach Melba***

4 oz. (by weight) frozen sliced unsweetened peaches (about 6g carb)

Dash of DaVinci SF raspberry syrup

2 or 3 packets sweetener

1 cup water

Dash of cream optional

### ***Variation 2 - Berry Shake***

1/3 cup frozen unsweetened blueberries or 4 oz frozen unsweetened strawberries (about 6g carb)

2 or 3 packets sweetener

Dash of vanilla extract (about 1/2 tsp)

1 cup water

Dash of cream optional

### ***Variation 3 - Chocolate Shake***

1 tsp. chocolate extract, or 1 heaping tsp. cocoa

2 or 3 packets sweetener

Dash of vanilla extract (about 1/2 tsp.)

Dash of cream (few Tbsp.)

1/2 cup water

6 ice cubes

**Caroline's Shake Recipe.**

1/4 cup heavy cream  
 1/4 cup water  
 1/4 cup pasteurized egg substitute, like "EggBeaters"  
 1/4 cup cottage cheese: I strongly recommend Breakstone's or Knudsen's  
 1 tablespoon protein powder, any type  
 1/2 teaspoon good-quality sugar-free vanilla extract  
 6 Equal tablets, crushed  
 1 cup crushed ice (about 7 ice cubes)

Blend all ingredients on high speed until no visible pieces of ice or cottage cheese remain. This makes a vanilla shake containing roughly 330 calories, 5 carbs, 21 grams of protein and 25 grams of fat. For a bigger shake, use 1/3 cup each egg sub, cheese, water and cream instead of 1/4 cup each, add 3 more ice cubes, 3 more Equal tablets and a teaspoon more protein powder. The larger shake contains about 450 calories, 7 carbs, 34 grams of fat and 28 grams of protein.

**Melissa's "Spice Tea" Mix**

1/2 little tub of crystal light plain iced tea granules  
 1 tub of the lemon aid flavour  
 1 package of sugar free orange Jello

Mix all together. Make hot water in a coffee cup like for Tea. Add 1/2 teaspoon of this mixture and stir till well mixed...add more or less depending on how strong you like it.... I drink like 6 cups of this a day especially when its cold out....just keeps me going and keeps the hungries and the sweet tooth away!

**Low Carb Irish Cream – from AnnieOops**

3 c heavy cream  
 1 2/3 c Irish whiskey  
 1 tsp. instant coffee  
 1 1/2 T cocoa powder  
 1 tsp. vanilla extract  
 1 tsp. almond extract  
 1 cup Splenda

Mix cocoa and coffee powders with sweetener. Wet mixture with a bit of the whiskey to make a smooth paste. Meanwhile, place cream in a heavy pan and cook on LOW heat until reduced to 2 1/2 cups.

Cool cream to room temperature. Blend whiskey, paste, extracts and cream until smooth. Store in fridge no more than 2 weeks.

Carbs-WITHOUT sweetener and whiskey 24.25/batch. Batch = 4 1/4c or 34 1 oz shots. Whiskey is a trace/oz and sweetener varies by brand.

### **Gypsy Girl's Breakfast on the Go**

1 cup of coffee  
2 Necta sweet tabs (saccharine equalling 2 tsp. sugar)  
"correct" amount of half & half for the coffee  
1 scoop designer protein chocolate flavor  
5 or 6 ice cubes.

Blend away.... Thick, but you can drink it through a straw.

### **Raspberry Protein Shake – from Bruce**

2 scoops vanilla whey protein (GNC brand or Designer Protein)  
Raspberry syrup to taste  
1/2 cup water  
1/2 cup ice  
1 oz syrup  
1 tsp. psyllium powder (for fibre)  
10 drops liquid stevia

Put in a blender and mix until ice is crushed.

### **Randy's Hot Buttered Rum**

1 batch of Jackie's Quickie Ice Cream - on page 13-7 (Instead of 1/2 tsp. vanilla and 1/2 tsp. of liqueur of choice I just added 1 tsp. of vanilla extract)  
1/2 cup butter  
1 cup Sugar Twin brown sugar replacement  
1 tsp. cinnamon  
1/4 tsp. nutmeg  
1/4 tsp. allspice

Mix the above together and store in the freezer. To make a drink add a heaping tablespoon of the Hot Buttered Rum batter to a cup along with 1 jigger of rum and add enough boiling water to fill the cup. Stir and top with nutmeg, and enjoy.

A side note: I had some serious doubts about Jackie's Quickie Ice Cream working, but since I don't have an ice cream maker I decided to try it. It worked great. Took less than 15 minutes for the ice cream to set and freeze. And, the added bonus, it tastes great!

### **Atkins Hot Chocolate – from DANDR**

1/2 cup cream  
2/3 cup water  
1 tsp. unsweetened cocoa  
1 packet sugar substitute  
1/2 tsp. vanilla

Place all ingredients in saucepan. Heat to boiling point, but do not boil. Stir constantly. Serve in mug. Total carbohydrate grams: 5.4.

**Carissa's "Bailey's and Coffee"**

1 cup hot decaffeinated coffee (this is usually prepared at night...no caffeine then)  
1 tbsp. heavy cream  
1 tbsp. Jack Daniels  
1 tsp. Splenda (or to taste)

It is soooo good!!

**Debbie's Eggnog – from Debbie Cusick**

1/2 cup plus 2 tbsp. Splenda  
2 eggs, separated  
1/4 tsp. salt  
2 cups heavy cream  
2 cups water  
1 tsp. vanilla  
Brandy or rum flavouring to taste  
1/2 cup whipping cream, whipped  
Ground nutmeg or cinnamon

Beat 1/2 cup Splenda with egg yolks. Add salt, stir in 2 cups cream and the water. Cook over medium heat, stirring constantly, until mixture coats a spoon. Remove from heat and allow to cool. Beat egg whites until foamy then gradually add remaining Splenda, beating to soft peaks. Add to cooked mixture and blend thoroughly. Add vanilla and flavouring. Chill at least 3-4 hours. Pour into punch bowl or cups. Dot with "islands" of whipped cream. Sprinkle with nutmeg or cinnamon.

**Diem's Idea for "Egg-less" Eggnog**

3 cups cream  
3 cups water  
1/3 cup sugar substitute  
1 tsp. vanilla  
2 tsp. rum flavoring  
1 small package sugar-free instant vanilla pudding  
Nutmeg

## Chapter 3 - Biscuits, Breads and Cakes

### **Low Carb Biscuits – from Dr. Bill**

(modified from Betty Crocker cookbook - any biscuit recipe would work with the proper substitutions)

2 cups 12% non-additive, wheat gluten flour from health food store (24 carb grams/cup)  
3 tsp. baking powder  
1 tsp. salt  
1/4 cup shortening  
3/8 cup cream  
3/8 cup water (combine cream and water to make three quarters cup “milk” substitute)

Preheat oven to 450. Mix flour, salt and baking powder. Cut in shortening thoroughly - should resemble meal. Stir in almost all of the milk. If dough is not pliable, add just enough milk to make a puffy, easy to roll dough. (Too much milk makes dough sticky, not enough makes biscuits dry - I used all of it).

Make a ball of dough and place on lightly floured surface. Knead 20-25 times or about one half minute. Roll out dough to about one half inch thickness. (Note, it takes a little more effort since gluten is a “binder” - just roll harder). Cut with a floured cutter (a glass rim will work fine) and place on an ungreased baking sheet. Bake 10-12 minutes or until golden brown. Betty says this makes about 16 1 and 3/4 inch biscuits.

### **Debbie Cusick’s Pancakes**

Well, here’s how I make pancakes:

1/2 cup 0-carb vanilla protein power  
1/4 cup nut meal or flax meal  
1 tbsp. baking powder  
Sweetener equivalent to 1-2 packets (optional, I usually skip it)  
1 tsp. vanilla  
2 eggs  
Water to desired thickness, about 3/4 cups

Mix all ingredients together with a wire whisk or hand mixer. Allow mixture to sit a few minutes. If at the right consistency the mixture will seem pretty thin. Cook on a greased, pre-heated griddle (I just spray the griddle with Pam). Mixture will seem pretty thin and runny when you pour it on the griddle but it puffs up nicely when it cooks. However because it is runny you don’t get nice round pancakes, but more irregular shapes. Makes about a dozen pancakes and serves two. The only carbohydrate comes from the flax meal that has 8g carbohydrates per 1/4 cup but also 8g fibre. I don’t have the carbohydrate count for nut meal right now. I served them topped with fresh strawberries that have gone through the microwave a bit to create more of a strawberry syrup.

When I am making nut butter I do add a little oil when the butter is reaching a pretty chopped up consistency. For peanut butter I add peanut oil, and for almond butter I add almond oil - but you don’t have to do that. Any mild oil should do. I can’t remember the exact proportions but it’s about 2-3 tbsp. of oil for a 12-oz bottle of peanuts - so you should be able to figure out proportions from there.

### **Fluffy Pancakes - from Protein Power:**

Servings 2

2 extra large eggs  
1/4 cup cottage cheese  
2 Tbs. cream cheese  
Pinch of Equal  
3 Tbs. wheat germ  
1 Tbs. rice flour or Wondra  
1 tsp. baking powder  
Pinch of baking soda

\* I have also substituted oat bran for the wheat germ and soya flour for the rice flour

Whip the eggs until frothy, add cheeses and beat until smooth. Add sweetener, and rest of ingredients. Blend. You can do this all in a blender, food processor, electric beater, or by hand if you have to...

### **Elizabeth's Blueberry Syrup**

(1 serving)

Put about 1/4-1/2 cup of frozen blueberries in a small saucepan. Heat the berries slowly until they burst, and you have a good amount of warm juice in the pan. Serve warm over pancakes with butter.

### **Maple Butter**

1 stick butter  
4 packets sweetener  
1 capful maple extract

Whip the butter and add the remaining ingredients. Refrigerate.

### **Maple Syrup - from Lynne Axiak**

1/2 Cup water  
1/2 Cup butter  
1 package unflavoured gelatine  
1/2 tsp. vanilla  
1 tsp. maple extract  
1/4 cup sugar substitute [ 6 packets ]

Bring water and butter to a boil. Add gelatine...stir until dissolved. Remove from heat. Add flavouring, let cool, add sweetener. Cool until slightly thick. It gels when it cools down, so keep it in a wide mouthed container rather than a bottle.

### **Arlene's Maple Syrup**

1 tablespoon arrowroot powder  
1 cup of water  
tiny sprinkle of salt  
1 1/2 teaspoons maple flavoring  
1/2 teaspoon vanilla flavoring  
1 tsp. Sweetener of your choice, to taste

In at least a two cup glass measuring cup (or other microwave-safe glass container), mix water, salt, and arrowroot powder together till thoroughly blended.

Microwave about 1 minute, or until hot. Stir thoroughly (the arrowroot powder tends to settle at first like cornstarch does) Keep microwaving in one minute intervals, stirring after each, to keep the powder dissolved in the water. Do this until it boils. WATCH CAREFULLY, it can and will boil over!

Remove from microwave, stir again, and let it cool to room temperature. When cool, stir in flavourings and sweetener(s). Pour into a bottle (I used my empty Log Cabin bottle :-)) and refrigerate.

NOTES: This stays together quite well, but still benefits from a little shake before serving.

### **Gluten Flour Popovers**

These are a little chewier than a regular popover, but very close to the real thing — good flavor and a good carb bargain.

13 Tablespoons gluten flour  
1/2 cup heavy cream  
3/4 cup water  
2 tablespoons melted butter  
1/2 teaspoon salt  
2 eggs

Preheat oven to 450. Then, combine ingredients — blending very well with a mixer or a whisk — and pour into muffin tins that each have about 1 tablespoon oil in them. Bake 15 minutes at 450, then turn oven down to 350, bake for 15-20 minutes more. Immediately pierce with fork when you take them out of the oven or they'll get soggy.

Makes 12 at about 2 carbs per popover.

### **Strawberry Whipped Cream Crepes**

Makes 6 crepes. Surprisingly low-carb, and very delicious. The crepes are about 1 carb per crepe, which makes a single serving about 4 carbs. The best thing is that this does not taste low-carb in the slightest.

#### ***Crepes:***

2 eggs  
1/3 cup heavy cream  
1/3 cup water  
2 Tbsp. butter, melted  
1/4 tsp. salt  
1 dropper stevia extract  
3 Tbsp. soy protein powder

(Cream continued on next page)

***Cream:***

1/2 cup heavy cream (or more if you like lots of cream!)  
1/2-1 tsp. vanilla  
1/2-1 dropper stevia extract  
1 1/2 cups strawberries, sliced

To make cream: beat cream until stiff, add vanilla and stevia to taste. To make crepes: whisk together eggs, cream, water, butter, salt, and stevia until well-mixed. Add protein powder and whisk until smooth. Heat frying pan to medium hot, melt a little butter in pan, and pour in 1/6 of crepe batter, tilting pan this way and that so that batter spreads out. Cook until top is dry and full of air holes, then turn and cook briefly on second side. Remove to plate and set aside while cook remaining crepes.

To assemble: Place crepe on plate with good side down. Spread with cream. Top with 1/4 cup strawberries, and fold top of crepe over cream and strawberries. Top crepe with dollop of whipped cream and slice of strawberry.

**Lilaloves Chocolate Cake**

1 cup soy flour  
1 cup Splenda  
1 to 2 T cocoa, depending on how chocolatey you like it  
1 1/2 tsp. baking powder  
1 tsp. vanilla  
2 eggs  
3 TBLS sour cream  
1/2 c vegetable oil  
1/4 cup water  
1/4 cup whipping cream  
1/4 cup chopped walnuts (optional)

Mix flour, Splenda, baking powder, cocoa and set aside. Beat eggs until light yellow in colour, about 2 minutes. Add sour cream, whipping cream and water, and blend until mixed. Stir in flour mixture, with the vegetable oil. Add vanilla, mix until all incorporated. Grease a 9" square pan. Pour batter into pan. Bake at 350 degrees for 20-25 minutes. Serve with Dr Atkins ice cream, whipped cream. Or the following frosting.

Without frosting the whole cake has about 35 grams of carbohydrates.

I like the cake the way it is without any frosting it is very moist. But for real cake and frosting lovers, I developed this frosting for my father who is a diabetic and with a few changes made it for us low carbohydrates eaters.

***Optional frosting.***

Take 1 and 1/2 cups of Splenda and place in a food processor. Process it, until it resembles powdered sugar. Mix in 1 to 2 TBLS cocoa, and set aside. Take 1/2 cup of cold butter and beat in a mixing bowl, about 3 minutes. Gradually add the Splenda Mixture. Beat until smooth and spreadable. If it is a little stiff, add a few drops of whipping cream. If too thin add a little more processed Splenda. Add 1 t vanilla flavouring. Spread on cooled cake. Store in refrigerator.



### **Desiree's \*Almond Pancakes\***

1/2 cup almond flour  
2 eggs - beaten  
1/3 cup seltzer water  
1 Tbsp. heavy cream  
1/4 teaspoon salt  
1 packet Splenda or Stevia  
Dash of cinnamon

Combine all ingredients and cook on hot griddle.

### **Desiree's Flax Almond Muffins**

4 tbsp. flax seed, ground to a meal  
2 scoops protein powder  
2 tbsp. ground almonds  
3 tbsp. sour cream  
3 tbsp. melted butter  
1 tbsp. cream  
3.4 tsp. baking powder  
2 large eggs,  
(optional, I added 1 tsp. almond extract)

Preheat oven to 350°. Combine all dry ingredients. In a separate bowl, combine all wet ingredients. Combine the two. Grease 4 ramekins or muffin tins. Bake 20-25 min. Cool 5 min. before removing from tins to cooling rack.

### **Desiree's "Cereal"**

1/4 cup ground flax seed  
1/4 tsp cinnamon  
1 TBS chopped walnuts  
Pinch salt  
1/2 cup water

Cook in microwave 1 minute on High.

Sometimes I add some butter. I use almond milk instead of cream to put over the cereal. If you don't have problems with soy, you can add 1 or TBS of TVP for more texture. It's very filling. Hope this helps.

### **Desiree's Lemon Pancake**

4 eggs  
1/4 C. soy flour or soy powder  
2 Tbsp. water  
2 Tbsp. heavy cream  
Pinch of salt  
3-4 oz. butter  
Cinnamon  
Lemon extract or fresh-squeezed lemon juice  
3-4 packets sweetener

Melt 2 oz butter in a pie plate in the oven while preheating to 425. Mix eggs, cream, water, flour, salt well. Pour mixture into melted butter in pie plate.

Cook at 425 for 8 minutes. Turn down to 275 for 7 minutes. When finished it should look like a great big egg "bowl" with the sides puffed up.

Dot the remaining butter in the egg dish. Lightly sprinkle cinnamon and add 1/4 tsp lemon extract or 1 Tbsp fresh squeezed lemon. Sprinkle 2-3 packets of sweetener over that. Then roll the egg pancake and sprinkle more sweetener and cinnamon on top.

Serves one very hungry person, or 2 not so hungry people.

### **Desiree's Muffins**

1/2 teaspoon polyunsaturated vegetable oil  
4 eggs  
1/2 teaspoon cream of tartar  
1/4 cup regular or low-fat cottage cheese  
2 tablespoons soy flour  
1 pkg. artificial sweetener

1. Preheat the oven to 300deg. Coat muffin cups with a little vegetable oil(or use butter, margarine or pan spray).
2. Separate the eggs very carefully, allowing no egg yolk to mix with the whites.
3. Beat the egg whites with an electric mixer until frothy. Add the cream of tartar and continue beating just until stiff peaks form.
4. Combine egg yolks, cottage cheese, soy flour, and sweetener. Fold this mixture carefully into the egg whites.
5. Fill each muffin cup 2/3 full of batter. Bake the muffins for about 30 min. until they are golden brown and spring back when touched with a finger.

To make spice muffins, stir 1/2 teaspoon cinnamon, 1/4 teaspoon ground ginger, and 1/8 teaspoon cloves into soy flour before adding to the egg yolks.

### **Desiree's Pancakes I**

1/4 cup 0-carb egg protein powder, vanilla or plain  
2 tbsp. flax meal  
1 egg  
2 tsp. baking powder  
1/4 cup heavy cream (or coconut milk)  
1/2 cup water (approximate)  
1/2 tsp. vanilla  
Pinch of sweetener

Mix ingredients and cook in melted butter on a griddle just as you would regular pancakes. Entire recipe has 6g carbohydrates and 1g fibre.

### **Desiree's Pancakes II**

3 eggs  
1 cup cottage cheese  
1/4 cup Soya powder  
dash salt

Beat eggs well. Add cottage cheese and beat again. Add flour and salt. Mix well. Cook

### **Pecan Pancakes**

4 large eggs  
1 cup pecans  
1/3 c. water  
1/4 tsp. baking soda  
1 Tbsp. heavy cream  
1 pkg. artificial sweetener (more if you like) 1  
Pinch(literally) of double action baking powder  
1/2 tsp. cinnamon (or to taste)

Break eggs into blender and pulse until foamy. Add pecans and pulse for 60-90 seconds. Add baking soda to water and stir then pour into blender and pulse again. Mixture will bubble. Add remaining ingredients and blend. Pour onto hot griddle and turn after bubbles form on top of pancake. Makes 8 large pancakes. Serve with cream cheese or sugar free syrup.

Total carbohydrates 7.65g, protein 37.7g,

Per serving carbohydrates 1.91g, protein 9.42g for 2 pancakes

### **IndigoSoda's Sesame Soy "Soda Bread"**

1 half cup soyquick flour, eight effective carb grams  
1 half cup sesame seeds, 0 effective carb grams  
1 tsp. baking soda  
2 eggs  
1 half cup of butter  
A little oil if you like moister breads, maybe one eighth of a cup of walnut or almond oil  
Bake in oven for twenty minutes at 350.

It's filling and very bready, and has kind of a cornbread sesame snack flavour. Don't add salt, there's enough in the butter and sesame seeds.

### **IndigoSoda's Soy Crackers**

1/4 cup of soy flour

One egg

Add melted butter or another oil until mushy but not too moist. Do NOT use olive oil — it brings out the bitterness of the soy. About an eighth of a cup. Add salt to taste, but don't overdo it — soy flour and butter are salty.

Butter a baking sheet and knead it out thin, bake at 350 for twenty minutes or until the edges are brown. Don't expect a saltine, but they do satisfy the craving.

### **Brenda's Peanut Butter Cookies**

Heat Oven to 375

1/2 cup Chunky-peanut butter (sugar free)

3/4 cup heavy cream

1/2 cup chopped pecans

2 tsp. vanilla

4 packs sugar substitute (I used Splenda)

2 Tbsp. soy flour

1 tsp. baking powder

Spray a cookie sheet with oil substitute. Mix all ingredients in a bowl. Blend well. Drop on cookie sheet by teaspoon-fuls. Bake about 10 minutes.

### **LC Donuts – suggested by Desiree**

1 Cup Protein Powder \*\*

1/2 - 3/4 Cup water

1 egg

2 tbsp. sour cream

1 tbsp. cocoa OR cinnamon

1/2 tsp. nutmeg

Cooking oil

Heat oil in a fryer. Mix the protein powder, water, egg, 1.5 tbsp. Splenda, sour cream or cream yoghurt, and half a cup of water. If you are making chocolate donuts, add 2 tsp. cocoa powder. If not chocolate, mix in the nutmeg and 2 tsp. cinnamon. You want it the consistency of somewhat sticky cookie-dough, add more water if necessary. Put it aside.

Mix together the other 1.5 tbsp. Splenda with 1 tsp. cocoa powder (for chocolate donuts) or cinnamon (for plain) on a large plate.

Shape 12 balls, about the size of a golf-ball. Flatten and poke a hole in the center of each and gently drop it into the hot oil. Cook until golden brown on both sides, remove from oil and roll in the Splenda/cocoa/cinnamon mixture. It may take a little experimenting till you get them the right "flatness" to cook all the way through.

\*\* About protein powder: I have made this with several kinds, and the best results thus far were with NRG brand, vanilla flavour (red label). Also, if you don't have Splenda, about 3 packets of AS in the batter and 3 in the dusting should do it.

### **AnniOop's Dozen Mini-Donuts**

1 Cup 100% soy protein isolate  
3/4 Cup water (start with a half cup and see if you need more)  
1 egg  
2 Tablespoons sour cream  
6 packets of Sweet N Low or other low carb sweetener  
Cinnamon

Mix protein powder, egg, sour cream, 1/4 tsp. cinnamon, 3 packets sweetener and half a cup of water in a bowl. You want a texture that is comparable to cookie batter (you \*do\* remember what that's like, don't you?!?!?)

If you need more water to get that texture, add more... Depends on how dense the protein powder is. Form a ball in your hand the size of a large egg and flatten it slightly. Fry in hot oil until dark golden brown. Drain on paper towels.

When cooled slightly, put in a large plastic baggie with 1/2 tsp. cinnamon and 3 Packets of sweetener. Shake to dust the donuts. These are best when still warm but still very good when cold. Should yield about a dozen, depending on size. Good with coffee or tea, and very portable!

### **Ricotta Pancakes – from AnnieOops**

4 lg. Eggs,  
1 c. Ricotta cheese  
1/2 tsp. Vanilla extract,  
1/3 c. Soy flour or protein powder  
1tbsp. Vegetable oil  
Pinch of nutmeg  
1 packet. Of equal or other as

Mix all and cook like silver dollar pancakes. Makes about 30 pancakes.

Per serving (about 10 pancakes): 7.6 g carb, 17.6 g protein.

### **Pancakes/Waffles – from AnnieOops**

Mix 3 Tablespoons of 0 carb, any flavour, soy isolate protein powder with 1/4 Cup ricotta cheese, 1 Tablespoon cream, 1 packet sweetener and 1 egg. Add enough water to thin out batter, keep it kinda thick for waffles. This makes 2 large waffles with only 1 carb per waffle. Vanilla is great with syrup, chocolate and strawberry good with whip cream.

### **Lowcarb Waffles**

Mix together:

2 large T soy protein isolate powder (0 carb)  
2 large T macadamia nut meal,  
1/2 t baking powder  
1 T splenda,  
1 T oil,  
1 egg

Add a little cream and some water to make thin enough to pour on hot waffle iron. When done, put on some butter and sprinkle on Splenda and cinnamon.

### **Zucchini Pancakes**

1 cup grated zucchini  
1 Tbsp. grated onion  
2 eggs, beaten slightly  
Salt, pepper, onion powder, (garlic powder for those who use it)  
1/4 cup Atkins Bake Mix (or maybe Soy Flour?)  
1/2 teaspoon Featherweight Baking Powder (0 carbs)  
A little water if you need it

Heat oil in big cast iron skillet. Mix all ingredients together in medium sized bowl and drop by heaping tablespoons in hot oil. When brown on one side, turn and cook the other side. Stack on a plate and keep in warm oven 'till whole batch is done.

You can top these with sour cream, or butter, or smother in gravy. Very low in carbs. I store in fridge, and heat and serve whenever I'm in the mood. This absolutely satisfied my craving for potatoes...I was such an addict!

### **Flaxseed Pancakes - from Debbie Cusick**

1/4 cup 0-carb egg protein powder, vanilla or plain  
2 tbsp. flax meal  
1 egg  
2 tsp. baking powder  
1/4 cup heavy cream (or coconut milk)  
1/2 cup water (approximate)  
1/2 tsp. vanilla  
Pinch of sweetener

Mix ingredients and cook in melted butter on a griddle just as you would regular pancakes. Entire recipe has 6g carbs and 1g fiber. (mixture will be rather watery, but cooks up okay)

### **Dobie's Flax Seed Muffins (WCHLD)**

1/2 cup flax seeds (grind in coffee mill) 4.921 carbs (-fiber)  
1/4 cup protein powder (if using soy, check label) 0  
2 TBL oil (use something healthy...I use grapeseed)  
1/4 cup Splenda (can substitute other sweetener, but Splenda is the best)  
1 beaten egg .61  
1 tsp. baking powder  
1 1/2 tsp. banana extract (or flavour of choice)  
1/4 tsp. salt substitute (gives added potassium)  
1 oz chopped nuts (optional, if used, add carbs)  
1/2 cup water

Mix the above, let sit for a few minutes to thicken if necessary. Spoon into 6 non-stick (I spray with pam) muffin tins. Bake 25-30 minutes at 350 degrees. They are just under 1 carb each. Remember flax seeds are also the highest source of omega oils (higher than fish) which is touted for preventing certain cancers and lowering cholesterol.

### **Soft Rolls - DANDR**

These look like the top of a hamburger bun and can be used for sandwiches or served warm in a bread basket.

4 eggs, separated  
1/2 tsp. salt  
2 tbsp. cottage cheese  
Spray "pam"

Preheat the oven to 300 degrees. Separate the eggs. Whip the whites with the salt until peaks form. In a separate bowl, mix together the egg yolks and cottage cheese.

Fold the yolk/cheese mixture into the whites, being careful not to overmix or break down the froth of the whites. a few streaks can remain.

Spray a cookie sheet with the PAM, in 6 large circles about the size of a saucer. Mound the batter into 6 equal portions, slightly flattening the top of each mound. Bake at 300° for 30-40 minutes until browned. They will spread and probably touch. Remove from cookie sheet immediately and cool on wire racks.

Can be stored in a zip-loc bag and reheated, but they really are best served right out of the oven.

*NOTE: These recipes were all sent in by Desiree. Thanks so much to her for compiling them!*

### **Chocolate Muffins**

1 cup Chocolate flavour Soy Protein Isolate  
1/3 cup Cocoa  
1 tsp. baking powder  
3 pkg. Sweet-N-Low  
2 eggs  
1 1/2 tsp. vanilla  
1 1/2 tsp. butter extract  
1/2 cup coconut milk  
1 1/2 cup seltzer water  
4 Tbsp. oil

Stir together dry ingredients. Mix together wet ingredients and pour in to dry ingredients and mix well. Spray coat 18 muffin cups and fill. Bake 15 min. @ 375.

### **Cinnamon-Pecan Puffins**

1-1/2 oz pecans chopped finely  
1/2 tsp. cinnamon  
Sweetener  
3 large eggs separated and at room temperature  
1/4 cup soy flour or protein powder (personal choice here)  
3/4 tsp. baking powder  
Salt  
1/4 tsp. cream of tartar  
3 Tbsp. sour cream  
3/4 tsp. butter extract  
1/2 tsp. vanilla  
20 drops bitter almond extract  
3 T cold water

Combine pecans, cinnamon, and sugar substitute that would equal to 1 Tbsp. of sugar and mix well. Set aside for toppings. Preheat oven to 325F. Separate eggs. Beat egg whites with cream of tartar until stiff but not dry. Beat egg yolks till thick and lemon-coloured. To egg yolks, add sour cream, extracts, sugar substitute to equal to 1/8 cup sugar, and water and beat thoroughly. Combine soy flour/powder, baking powder, and salt and sift into the yolk mixture. Stir until combined, and then gently fold in the egg whites. Grease a muffin or cupcake tin for 8 puffins. Spoon 1 Tbsp. of batter into each greased section. Sprinkle a little topping mixture over this batter, then spoon remaining batter, dividing it evenly. Top with remaining nut mixture and bake in preheated oven for 50-60 minutes. Cool the puffins completely in the pan.

### **Almond-Flour Pound Cake**

1 C butter  
1 C Splenda  
5 eggs  
2 C almond flour  
1 t baking powder  
1 t lemon extract  
1 t vanilla extract

Cream butter and Splenda well. Add eggs one at a time, beating after each. Mix flour with baking powder and add to egg mixture a little at a time while beating. Add lemon and vanilla extracts. Pour into greased 9" cake pan and bake at 350 for 50-55 minutes.

Beware - eating too much of this can knock you out of ketosis



## **Chocolate Cake**

1 cup soy flour  
1 cup Splenda  
1 to 2 Tbsp. cocoa, depending how chocolately you like it  
1 1/2 tsp. baking powder  
1 tsp. vanilla  
2 eggs  
3 Tbsp. sour cream  
1/2 c vegetable oil  
1/4 cup water  
1/4 cup whipping cream  
1/4 cup chopped walnuts (optional)

Mix flour, Splenda, baking powder, cocoa and set aside. Beat eggs until light yellow in colour, about 2 minutes. Add sour cream, whipping cream and water, and blend until mixed. Stir in flour mixture, with the vegetable oil. Add vanilla, mix until all incorporated.

Grease a 9" square pan. Pour batter into pan. Bake at 350 degrees for 20-25 minutes.

Serve with Dr Atkins ice cream, whipped cream. Or the following frosting. Without frosting the whole cake has about 35 grams of carbohydrates. I like the cake the way it is without any frosting it is very moist. But for real cake and frosting lovers, I developed this frosting for my father who is a diabetic and with a few changes made it for us low carbohydrate eaters.

### ***Optional frosting***

Take 1 and 1/2 cups of Splenda and place in a food processor. Process it, until it resembles powdered sugar. Mix in 1 to 2 TBLS cocoa, and set aside. Take 1/2 cup of cold butter and beat in a mixing bowl, about 3 minutes. Gradually add the Splenda Mixture. Beat until smooth and spreadable. If it is a little stiff, add a few drops of whipping cream. If too thin add a little more processed Splenda. Add 1 t vanilla flavouring. Spread on cooled cake. Store in refrigerator.

## **Cinnamon Rolls**

4 eggs  
2 tbs. Cottage Cheese  
2 packet AS  
2 packet Brown Sugar Twin  
1 stick butter  
1/2 tsp. cinnamon

Separate the 4 eggs. Whip whites with a pinch of salt until stiff peaks form. In mini food processor, blend egg yolks, 2 TBS. Cottage cheese and 1 packet Equal.

Gently fold yolks into whites. Spread into 6 mounds (I flattened them slightly to be more like bread) on greased cookie sheet. Bake at 300 for 30-40 min. I found at 30 min. they were softer and moister inside, I'm thinking with a bit of cocoa we may have chocolate cake?

Meanwhile, soften 1 stick of butter, whip in mini processor with 1/2 tsp. cinnamon, 1 packet of Equal and 2 tsp. brown sugar twin. Spread on warm "bread".

Makes 6 - 1gram carbohydrate each

### **Coconut Almond Muffins**

1 cup almond butter  
1 cup sliced raw almonds  
1 cup pure coconut milk  
1 cup shredded unsweetened coconut  
3 eggs  
1 tsp. coconut or almond extract  
Sweetener equivalent to 1/4 cup sugar (optional)  
1/4 cup almond oil (or other nut oil)

Mix all ingredients together except the oil. Take oil and put 1 tsp. in the bottom of each muffin cup (12 cups). Then spoon the batter in on top of the oil into the cups. Bake at 400 for 15-20 minutes. Makes 1 dozen muffins. Each muffin has 7g carbs and 2g fiber - and 6g protein.

### **Pam's Chocolate Cake/Muffin/Bar Substitute**

Pam says "Believe me when I say you will feel like you're really cheating with this recipe. It can be sliced into bars for protein bars for a snack or breakfast quickie, made into muffins or made in a loaf pan for chocolate cake."

2/3 cup 100% soy protein isolate  
3 tablespoons Hershey's cocoa  
3 large eggs  
1 teaspoon baking powder  
1/4 cup vegetable oil  
1 tablespoon melted peanut butter  
4 packets artificial sweetener  
1/4 cup water

Preheat oven to 325 degrees.

Put dry ingredients in a medium bowl. Mix oil and eggs in separate bowl. Melt the peanut butter and drizzle over dry ingredients. Add oil & eggs and stir with a fork until blended. Add water a couple tablespoons at a time and fold with rubber spatula until you have a smooth but thick pasty consistency. Pour into either a loaf pan or muffin tins and bake for approximately 15 minutes.

**\*\*Important:** the amount of water can vary for a number of reasons...humidity in your area, consistency of your soy powder, etc. If you need more water or less water, it doesn't matter as long as you get the results you want.

For variations, try adding some walnuts, almond extract or melt a combination of peanut butter and cream cheese for icing!! Or drizzle some Howard's pancake syrup on top.

Total carb count for this recipe is 20 grams. Cut up into 4 bars and you have a 5 carb snack or breakfast substitute that has lots of protein!

### **Rusty's Chocolate Torte (Original Recipe)**

4 extra large eggs (Total 2.832 grams carb)  
Artificial Sweetener to replace 3/4 cups sugar  
1 cup pecans (Total 21.706 grams carb/ 9.044 fibre)  
1 teaspoon vanilla extract (0.531 grams carb)  
2 tablespoons flour (Total 11.92 grams carb/ 0.42 fibre)  
2 & 1/2 teaspoons baking powder (3.185 grams carb)  
3 tablespoons unsweetened cocoa powder (Total 7.77 grams carb/4.32 fibre)

Place eggs and sweetener in blender & run at high speed for about 45 seconds.

Add the remaining ingredients IN THE ORDER LISTED ABOVE. Blend at high speed for 2 full minutes.

Pour batter into greased 9" round cake pan and bake at 350 for about 20 minutes, or until a toothpick inserted in centre comes out clean.

Total carb count for whole cake: 47.944      Total for whole cake with fibre subtracted: 34.16

\*NOT including anything for artificial sweeteners. Add accordingly based on your sweetener of choice.

#### ***Variation:***

Substitute 1 Tablespoon of Espresso Powder or instant coffee for one of the tablespoons of cocoa for a mocha taste.  
Substitute walnuts if you prefer them to pecans. Substitute soy flour if you must, but I've no idea what that would taste like. (see next page for serving suggestions)

#### ***Serving suggestions:***

- Split in half, fill and frost with flavoured/sweetened whipped cream.
- Spread some of Lynne's chocolate on top.
- Fill center with dietetic raspberry jam.
- Cut into small pieces, soak in rum or bourbon, and layer with mascarpone or ricotta or whipped cream, etc. for a triflé. Garnish with nuts!

### **Rusty's Chocolate Torte (the short version)**

4 extra large eggs  
sweetener to equal 3/4 cups sugar  
1 cup pecans  
1 tsp vanilla extract  
2 Tbs flour  
2.5 tsp baking powder  
3 Tbs cocoa powder

BLEND (in blender) eggs and sweetener for 45 seconds. Add other ingredients IN THE ORDER LISTED. Blend 2 minutes.

POUR into greased 9" round pan. Bake at 350 for 20 minutes or until toothpick comes out clean.

***Additions and comments: see next page***

**Additions and comments:**

- Drizzle with lowcarb chocolate, halve and fill with whipped cream or lowcarb jam.
- I made it with pecans and the Sweet One. I had to use extra sweetener—even sprinkled the top with Equal after it cooled a bit. It was a little coarse compared to a flour-based cake—I think almonds would have made a finer texture. We’ve been eating it plain. I thought about whipping some cream but didn’t bother. It may look plain but it is not only delicious but satisfying in a way that flour-and-sugar-based cakes never were. I think hazelnuts will work too, but haven’t tried yet. The flavour would be sublime, no doubt.
- Drizzle Espresso Sauce on Rusty’s Chocolate Torte:

**Espresso Sauce** (would the author please step forward and accept kudos?)

1 cup heavy cream  
 1/4 cup finely ground espresso  
 1 square unsweetened chocolate  
 2 tsp. sweetener  
 Pinch salt  
 1 tsp vanilla

POUR cream and espresso into a saucepan. Scald (heat to just before boiling) Remove from heat. Strain. Add chocolate, vanilla, sweetener and salt. Pour over dessert

**Rusty’s Torte goes Almonds**

4 extra large eggs (Total 2.832 gr. carb)  
 Artificial Sweetener to replace 3/4 cups sugar  
 1 scant cup slivered almonds (Total 15 gr. carb/ 9 fiber)  
 1 teaspoon vanilla extract (0.531 gr. carb)  
 1 scoop Optimum Nutrition Egg Protein Powder (0 carbs)  
 2 & 1/2 teaspoons baking powder (3.185 gr. carb)  
 2 tablespoons softened butter (.2 carbs)

I used my food processor for this, but I think the blender would work well too. I just hate to clean my blender. <g> Grind up the almonds, add eggs, butter, sweetener. Mix. Add vanilla, protein powder and baking powder. Run processor until the mix looks like thick pancake batter. Spray a pan with vegetable oil spray (I used a 11x7 pan so I could cut squares. A 8” square or 9” round should also work) and bake at 350 for 12 to 15 minutes. (It’s cooked when firm to the touch, shrinking from sides of pan, and toothpick inserted in the middle comes out clean.)

I shortened the baking time and added the butter to increase the “moistness” of the cake. I think the almonds may produce a drier product than the pecans in the original recipe. I also used liquid saccharin without the bitterness that comes from using it with cocoa. But I am accustomed to saccharin - so YMMV. Other sweeteners will need to be counted in the carb count.

Total count for the entire cake 21.748 carbs, 12.748 with fibre deducted.

Now, I was thinking this could be used as shortcake with strawberries and cream. Or a “Jello” cake, where you poke holes in the cake and pour on Jello. Or melt some of Lynn’s chocolate on the top to ice it. Lots of ideas.

Do store this in the fridge. I had some chocolate torte get “fuzzy” after a couple of days at room temperature. I guess no sugar = no preservative effect.

### **Rusty's Torte Treat**

First frost the top of the torte with a batch of Lynne's chocolate made with 3x the cream (I use sour cream, tangy and cheaper). After it firms up slice the torte into two thin LAYERS. Now pour sugar free cherry Jell-O onto both half (the cut sides) till they saturate. Refrigerate. Before serving, spread the bottom half with whipped cream, reassemble top half. This will definitely cure any dryness complaints about the torte.

### **Yeast Bread - from Hunter**

3 cups plain protein powder  
1 1/8 cup water  
1 teaspoon lite salt  
1 egg  
2 tablespoons oil  
1 1/2 teaspoons yeast

### **Waffles – from NLFYHOVER**

Mix:

2 heaping tsp. of 0 carb protein powder  
2 heaping tsp. of ground flaxseed,  
1/2 tsp. non aluminum baking powder,  
1 tbsp. Splenda  
1 egg  
A little cream or milk mixed with a little water  
1 tbsp. oil.

Cook on hot waffle iron, put on butter, and sprinkle on Splenda and cinnamon. Promise you, it will hit the spot! Have a couple fried eggs on side to top it off!

### **Melissa's Pizza Crust**

1/2 Cup of Atkins Bake Mix  
1/2 teaspoon each of: salt, pepper, garlic, Italian seasoning (Or Oregano if you don't have Italian)  
1 Egg  
1/3 Cup of whipping cream  
1/3 to 1/2 Cup of water

Put all ingredients (begin by adding only the 1/3 cup of the water to see how much you will need) into a mixing bowl and thoroughly mix with electric mixer. This batter should be THIN - Runny like the consistency of Maple syrup - NO thicker or it won't work right! Adjust by adding more of the water as needed to achieve this.

Now, take your pizza pan and HEAVILY grease it with SOLID shortening (NOT oil or butter!). Using a spatula to get it all, scrape all the "batter" onto the pizza pan and tilt pan around letting the batter run to the edges of all sides covering the bottom of the pan.

Now bake it like this at 400 degrees for about 7 min or so. Look at it, and when the edges get brown and it's looking done pull it out and carefully grasp the edges and FLIP IT OVER. This should go in one quick movement and in one piece if you greased enough! Bake for 3 min more and pull it out. Now add 1/2 C of Ragu pizza quick sauce and cheese and whatever toppings you want! and turn the oven down to 350 degrees and bake your pizza for about 10 – 12 minutes (until the cheese is bubbly and lightly brown).

### **Jen's Mock Blintzes**

Take 2 eggs, and beat them well. Add a little water to thin them out. Add cinnamon and nutmeg and beat well again. In a separate bowl, take half a package (or so) of warmed cream cheese (nuke it for a few seconds), and add sweetener and vanilla... as much as you see fit, but 3 or 4 packets of nutrasweet do fine for me, plus about a teaspoon of vanilla. Melt some butter in a large omelette pan and pour in the egg mixture. Tilt the pan so it's nice and thin. You're not making a real omelette here, more like crepes. When it's set, spoon the cream cheese mixture in the centre. I add a sliced strawberry or two. Fold the sides of the "crepe" over the centre and place on a plate. I swear - it's almost as good if not better than the real thing. =)

### **Lemon Pancake – posted by Jamie**

Pinch of salt  
4 eggs  
1/4 cup soy flour (I prefer the milder taste of soya powder)  
2 tbsp. heavy cream  
2 tbsp. water  
3-4 oz. butter  
Cinnamon  
Lemon extract or fresh-squeezed lemon juice  
3-4 packets sweetener, or Splenda to taste

Preheat oven to 425. Melt 2 ounces butter in a pie plate in the oven. Blend together the eggs, cream, water, soy flour, salt. Pour mixture into the melted butter in pie plate. Cook at 425 for 8 minutes. Turn down to 275 for 7 minutes. When finished, it should look like a great big egg "bowl" with the sides puffed up.

Dot the remaining butter in the egg dish. Lightly sprinkle cinnamon and add 1/4 tsp. Lemon Extract or 1 Tbsp. fresh squeezed lemon juice

Sprinkle 2-3 packets of sweetener over that. Then roll the egg pancake and sprinkle more sweetener and cinnamon on top

### **Oona's Brazil and Pecan Nut Bread – posted by Alicat**

Here it is, the incredibly delicious nut bread recipe first posted a year ago to the low-carb group. Makes a wonderful breakfast food for all of you who are sick of eggs. BUT - each slice is 5.3 carbs (1/8 the total recipe) so don't eat the whole thing at once, okay?

Preheat oven to 350 degrees.

2 eggs  
1 cup heavy cream  
1 tsp. vanilla extract  
1 stick (1/4 lb.) butter  
1/2 cup pecan nuts, which after measuring you then grind down into a coarse flour (*I put them in a heavy plastic bag and jump on them - exercise and cooking, just that easy!*)  
1/2 cup brazil nuts (as with the pecans) (*you can have a few extra nuts, don't worry about being so precise!*)  
1 scoop (1 ounce) soy protein powder (*NOT soy flour!*)  
1 tsp. baking powder  
1/2 cup unprocessed bran (*Quaker makes a good one*)  
1/2 cup (or even a little less - I usually use 1/3 cup) Sugar Twin (*haven't tried it, but I suppose you could use Splenda*)

Mix the eggs, cream and vanilla. Melt the butter in a saucepan and mix that in. Mix in the rest of the stuff. Pour into a loaf or round pan that is liberally coated with butter. Bake about 40 minutes (but test at 30 in case your oven is a hot one!) - should have brown edges and a toothpick inserted in the middle will come out mostly dry.

Total carbs (run through Netzer) is: 42.4      Per serving (8 pieces): 5.3      Extremely good reheated!

### **Low-Carbohydrate Cream-Cheese Frosting – from Jeri Vondera**

4 oz. cream cheese  
1/2 cup heavy cream  
3 packets of sweetener ( I used 6 Splenda tablets)  
1 scoop of vanilla flavoured protein powder (I used Optimum Nutrition Vanilla Egg Protein)

Mix. Makes enough to frost 18 cupcakes. You may want to add a little more cream or more protein powder to get the right consistency. Use with any low-carbohydrate muffins or cakes.

### **Low Carb Popovers a la Lilah**

1/2 cup gluten flour  
1/2 cup regular flour  
2 eggs  
1/2 cup heavy cream  
3/4 cup water  
1/2 teaspoon salt  
2 tablespoons melted butter  
Preheat oven to 450 degrees.

Mix together first 6 ingredients plus 1 tablespoon of the melted butter with a mixer. Don't overmix. Take remaining 1 tablespoon of melted butter and divide it among the 6 cups of a popover pan (or muffin pan) to coat inside of each cup. Pour the batter into the 6 cups, dividing as evenly as possible (in my popover pan the cups are almost full -- in a muffin pan I think they will be completely full).

Put pan in middle of oven and bake for 20 minutes at 450 degrees, then turn down oven to 350 degrees and bake another 10 - 15 minutes until nicely browned.

Each popover is large, and has 5 grams of carb. Tastes great hot out of the oven served with butter.

### **Cheryl's Special Lo-Carb Bread for the Bread Machine**

Put ingredients into bread machine chamber in the following order:

1 3/4 c. warm water  
1 egg  
2T. softened butter  
1/4 c. heavy whipping cream  
1 c. vital wheat gluten  
1 c. Fearn soy powder  
1/2 cup soy protein isolate  
1 cup soy flour  
1 t. salt  
2 packets of Splenda  
1 cup wheat germ  
1/2 c. flax seed meal  
1 1/2 T. active yeast

Bake according to manufacturers directions for regular crust bread. During the later part of the kneading cycle you may sprinkle 1 TBS sesame seeds over the surface of the flour ball. Makes approximately 20 thin slices at around 2.7 carbs each piece.

VARIATIONS:

**Oatmeal bread**--substitute 1/2 c. oat flour for the soy flour and sprinkle with a few flakes of oatmeal during the kneading cycle. around 3.2 carbs per slice

**Rye Bread**--Substitute 1/2 c. rye flour for the soy flour and add 1 T caraway seeds. around 3.8 carbs per slice

### **Homemade Tortillas – posted by AnnieOops**

These are 4 carbs each - for if you are really ambitious and want to make them right away and can handle a teeny bit of flour-- (approximately 2 tsp. per tortilla)

1 Cup soy protein isolate (unflavoured),

1/2 Cup almond flour, or ground almonds

1/2 Cup all purpose or whole wheat flour (the creator says their efforts to not use SOME white flour haven't been successful)

1 tsp. salt

1/2 tsp. baking powder

1 tbsp. oil,

1/2 package sweetener

Enough warm water to make a consistency like cookie dough--at least 1 cup.

Mix dry ingredients together and add oil and water. (can use food processor if you have one, or, by hand will work too). Knead about 3 minute and separate into 12 balls. Dust counter and rolling pin with extra soy protein isolate as often as you need to keep the dough from sticking. Roll each ball as big and thin as you can....shoot for about 8" across. Place in ungreased frying pan preheated to medium heat. Cook until brown spots appear, turn and cook other side. Repeat till all are cooked. Put in plastic bag while still slightly warm to keep them nice and soft and store in fridge. Each one has 4 carbs. Fry each in oil to crisp if you are going to make tacos or taco salad with them!

### **Low-carbohydrate Pasta – from Anna and Dawn**

(posted by Elizabeth)

1/2 cup protein powder

1/8 cup gluten

1 tablespoon soy flour

Dash of salt

1 egg

1/8 cup water (may vary)

Mix first 4 ingredients together, then add egg and water. Mix to together to get a bread type dough. Roll out and cut into strips, like fettuccini, or pinch off into little pieces. Drop into boiling water. Let boil about 1-2 minutes. (not too long or it may get gummy) Drain and top with favourite sauce. I like to use the Five Brothers Alfredo Sauce.



## **Melissa's Fabulous Brownie Recipe**

1 Cup Atkins bake mix (at least its good for something!)  
1 egg  
1 Cup veggie oil  
1 Cup water  
1/2 Cup cocoa  
1 tsp. Vanilla  
Sweetener of your choice (I used 12 packets equal)

Beat all together and put in baking dish sprayed with Pam or greased bake at 350 for about 10 min - top will be cracked and be slightly gooey inside, makes a big pan!

OR, to h\*ll with the oven... beat it up and grab a spoon...\*grin feel free to tweak. I was thinking maybe protein powder instead of Atkins? To save on carbohydrates?

*Adaptations by Martha:*

*First off, using half protein powder and half Atkins bake mix really did reduce the nasty taste of the bake mix. However, I think it made the finished product drier, next time I'm going to use 1 1/4 cups of water rather than 1 cup — the batter was very stiff, nearly the consistency of frosting!!*

*Secondly, I'm going to use another egg, to add moistness and give a more custardy texture to the batter (and hopefully to the finished product).*

*Thirdly, I might try using chocolate extract rather than vanilla. The brownies weren't quite chocolatey enough for me, but I didn't want the extra carbs of dumping in another 1/4 cup of cocoa.*

## **Cinnamon Squares**

4 large eggs  
2 tbsp. oil  
1/2 c soy protein powder OR 1/4 c soy protein powder + 1/4 c vanilla whey protein powder  
2 packets Splenda or Sweet-one  
1/2 tsp. cinnamon  
1 tsp. baking powder  
1/2 tsp. salt  
\*\*1/4 c ground almonds/ 1/4 tsp. almond extract

### ***Variation***

1 T melted butter  
3-4 packets sweetener  
1 tsp. cinnamon

Beat eggs and oil. Mix dry ingredients and blend into egg mix. Spread batter into square cake pan sprayed with non-stick spray. Bake 8-10 min @ 350 until set.

Brush top with melted butter and sprinkle with sweetener/cinnamon mix. Total carbs for basic recipe=9

Make adjustments for any additions.

Experiment! I think this could be the basis for many tasty changes!

### **Diva's Flourless Chocolate Cake**

10 oz. Bittersweet Chocolate, chopped  
3/4 cup unsalted butter cut into pieces  
2 teaspoons vanilla extract  
5 eggs at room temperature  
Sweetener to equal 1 cup of sugar  
6 tablespoons heavy cream (or more if desired) more sweetener

Place a rack in the middle of the oven Heat oven to 350. Line a springform 9" diameter by 3" with parchment. In heavy saucepan over medium low heat, combine chocolate and butter and stir until smooth. Remove from heat and whisk in vanilla. Combine eggs and sweetener and beat until three times the volume, fold in with chocolate. Pour into spring form. Bake 45 minutes until top forms a crust. Press the top down and let cool. Run a knife around edges to loosen cake. Top with sweetened whipped cream. Serves 12.

### **Pizza crust – by Diem**

1/4 cup soy flour  
3/4 cup wheat flour  
1 T active dry yeast  
1 tsp. sea salt (optional)  
1 cup milk or water (warm)  
1 tsp. honey (I used 1 packet Splenda)  
1 tsp. vegetable oil (optional)

Dissolve yeast in warm milk. Add remaining ingredients. Mix well, cover and set in warm place for 1 1/2 hr. Bake in a hot oiled waffle iron (for waffles). I just spread it on a 12" pizza pan.

*By my calculations:*

*My soy flour was 8g - 4g fiber = 4 g carbs for 1/4 soy flour*

*My wheat flour was 22g -4g fiber = 18g carbs x 3 = 54g carbs for wheat flour, which brings the grand total to 58g carbs for the whole pizza crust.*

*7.25 grams per slice (I got 8 slices out of the recipe) of course you have to add carbs for your pizza sauce and toppings.*

## **Almond Butter Spongecake - from Orit in Israel**

Serves: 1

1 egg, separated

1 oz almond butter 1.2

1 tbsp. heavy cream (coconut milk would probably work just as well)

1/2 tsp. vanilla extract

1/8 tsp. stevia powder (or sweetener equivalent to 1 tbsp sugar - up to 1.5gm carb)

Mix egg yolk with all the other ingredients to make smooth batter. Whip egg white until stiff. Gently fold whipped egg white into batter. Pour into small (3"x5.5") loaf pan lined with baking paper (or greased, I suppose). Bake at low temp (160 C, or 250 F) for 25 minutes.

Nutritional information for entire recipe: carb 2.5gm, calories 315, fat 26gm, sat. fat 7gm, protein 14gm.

Orit's Variations on an Original Theme:

- I made the quadruple batch in a loaf pan about twice as big as the original. It came out more dense, less "spongy" - I suppose the whipped egg whites could only lift the almond butter and cream so high. It still tasted good. Also kept well in the fridge (but seemed to get even denser there...). I guess if one wants a taller cake that is still fluffy, one needs to make two low ones and layer them on top of each other.
- Next I tried adding some cocoa powder to make "brownies". Since I baked them in a big pan, they came out brownie-height but too "airy" (I like my brownies dense). So I guess the next batch I won't separate the eggs and whip the whites, we'll see how that works out.
- Another possibility is a rollup type cake (like the French Christmas Log). Bake a large sheetcake, turn upside down, spread your favourite low-carb filling all over, and roll up.

## **SpinDizzie's Flax Biscuits**

16 tbsp. (1 cup) wheat gluten flour

2 tbsp. flax meal

3 egg yolks

1/2 cup heavy cream

1/2 cup water

1 tsp. salt

Pre-heat oven to 350. With a hand mixer, blend all ingredients until smooth. It will become a bit "gluey", but this is normal. I use a 12 serving cupcake baking tin, but you can use a 6 serving muffin tin for larger biscuits. Spray with non-stick cooking spray and fill. Bake for 35 to 40 minutes or until nicely browned.

Entire batch is 20 carbs.

## Chapter 4 - Desserts

### **Egg Custard for 2 from Cheryl Nicholson**

1 egg  
 1 egg yolk  
 1/2 c. cream mixed with 1/2 cup water  
 3 tbsp. sugar substitute (Splenda or another heat stable sweetener)  
 1 tsp. vanilla extract  
 1/8 tsp. salt  
 1/8 tsp. ground nutmeg

Lightly beat the egg and yolk. Add cream, Splenda, vanilla and salt. Pour into two ungreased 6 ounce custard cups. Sprinkle with nutmeg. Set in a pan containing 1/2 to 1 inch of hot water. Bake at 350 degrees for 35 minutes or until set. Yield: 2 servings. Approx. 5 grams carbohydrate per serving

### **Karen's Best SF Vanilla Ice Cream**

Makes 1/2 gal

10 egg yolks  
 2 quarts half & half  
 1 whole Vanilla bean  
 1-2 tsp. good vanilla extract  
 Artificial sweeteners to taste (equal, Stevia and saccharine)

Beat egg yolks 3- 5 minutes. In large saucepan simmer half-&-half with vanilla bean for 30 minutes. Discard vanilla bean. Temper by pouring some of cream mixture into eggs slowly. Slowly mix all eggs into pan mixture. Simmer until thick. Add sweeteners and vanilla extract. Strain into chilled bowl. Freeze in ice cream maker or shallow container.

### **Low Carbohydrate Key Lime Pie from Debbie Cusick**

1 package sugar-free lime Jello  
 2 tbsp. key lime juice (optional)  
 1/3 cup boiling water  
 1/3 cup cold water  
 2 8-oz packages cream cheese, softened  
 1/2 cup heavy cream  
 1 package sweetener (e.g. Equal or Sweet 'N' Low) or 1-2 tsp. Splenda  
 1 tsp. coconut extract  
 1 cup pecans, ground  
 1 tbsp. butter

Melt butter in a small bowl. Add ground nuts, sweetener and half the coconut extract. Pour all unto the bottom of a pie pan except for 2 tbsp. A clear glass pan is pretty. Spread all over bottom of pan and put in fridge to chill. In a small bowl whip the heavy cream until peaks form. Set aside. While it is being whipped you can bring water to boil. Mix the Jello with 1/3 cup boiling water until all the gelatine has dissolved. Then add cold water and stir. When gelatine is dissolved add the key lime juice if desired. For the next step I have found you need a big bowl with HIGH sides. Slowly add in the cream cheese (I add each 8-oz package in 4 chunks) and continue to beat with a mixer at slow speed. After all cream cheese is added put in the remaining coconut extract and beat at high speed until smooth. Then using low speed blend in the whipped cream. Using spatula, scrape into the pie pan and spread around. Sprinkle remaining nuts on top. Chill for at least 2 hours so jello can set. Entire recipe has 44g carbohydrates and 10g fibre and should serve 6-8.

**Myra's New York-Style Cheesecake**

Crust:

1 1/4 cups finely ground almonds

OR

1 1/4 cups finely ground cashews

Sweetener equal to 1 tablespoon sugar

6 tablespoons butter, melted

Topping:

2 cups sour cream (16 oz. container)

1 teaspoon vanilla

Sweetener equal to 1 tablespoon sugar

Filling:

3 packages (8 oz. each) cream cheese, softened

Sweetener equivalent to 1 cup sugar

4 eggs

1 teaspoon vanilla

In a bowl, combine the almonds (or cashews), 1 tablespoon sweetener and melted butter until combined. Press into bottom of a 9-inch springform pan. Chill in the refrigerator at least 15 minutes. In a bowl, mix the sour cream, 1 teaspoon vanilla and 1 tablespoon sweetener until well combined. Cover with plastic wrap and refrigerate. In a large bowl, beat the cream cheese and 1 cup sweetener until fluffy. Add the eggs, one at a time, blending well after each addition. Blend in the remaining 1 teaspoon vanilla.

Pour the cream cheese mixture into the springform pan, and bake at 350 degree for 50 minutes or until a knife inserted halfway between the edge and centre comes clean. With a spatula, spread the sour cream mixture over the top, making sure you reach to the edges of the pan. Return cake to oven and bake an additional 5 minutes. Remove cake from oven, allow to cool to room temperature (cake will settle in the pan). Slide a knife around the edge of the cake to loosen it, then remove the springform ring. Keep chilled in the refrigerator.

Makes 16 servings, about 5 grams of carbs per serving if made with almonds, and 7.2 grams per serving if made with cashews.

**Lilah's Lemon or Orange Cheesecake**

1 pound of cream cheese (softened)

1 cup of cream

1/2 - 2/3 cup of Splenda (depends on how sweet you want it)

4 eggs

4 tablespoons of vanilla

1/4 teaspoon of salt

Zest of one orange OR one lemon (I've made it both way — excellent either way)

Preheat oven to 350 degrees. Mix all ingredients together with a mixer until completely smooth. Pour into a 10-inch pie plate (preferably glass). Bake at 350 for 25 minutes. Then turn heat down to 300 degrees and bake for 15 – 20 minutes more or until a knife inserted in the center comes out clean. What I like to do is turn the oven off completely for the last five minutes, and leave the cake inside. Then take the cheesecake out and leave on counter until room temperature. Then chill. Serves 8. 4.75 grams per slices. Unbelievably yummy!

Variations on next page!

***Variations:***

Instead of orange or lemon — use zest plus juice of one lime.

Instead of orange or lemon — use 2 teaspoons of almond extract (makes it taste like marzipan)

For a topping, you can take 1 cup of strawberries, some equal (1 or 2 packages) or Splenda (a spoonful or two) and half a cup of sour cream — mix together — serve slices of cake with a little bit of the strawberry-sour cream mixture on top. Also very good — but I think the cake is delicious without it (if you do add strawberries and sour cream, calculate the additional carbohydrates).

**Myra's Strawberry Cheesecake**

Serves 6-8

Cream cheese, 8 oz

Half-and-half, 4 oz

Sweet 'n Low or Canadian Splenda, 4 packets

Eggs, 2

Vanilla extract, 2 tsp.

Strawberries, 1 cup sliced

Sour Cream, 1/2 cup

Preheat oven to 350 degrees. In a blender or food processor, combine cream cheese, half-and-half, 3 packets of Sweet N Low or Canadian Splenda, eggs and vanilla extract. Blend until completely smooth. Pour into an 8" ceramic or Pyrex pie pan. Bake for 25 minutes. Chill well. Garnish with sliced strawberries and sour cream (to which 1 packet Sweet N Low or Canadian Splenda is added).

Nutritional Values per Serving: (this is with the strawberries included)

Carbs - 3.4 g Protein - 4.0 g

**More cheesecake**

2 8 oz. hunks of cream cheese

2- globs of natural Peanut butter, 4g per

Splash of vanilla extract

16-17 packs of sweetener

4 eggs

Mix it in a pot, and then bake it at 300 for 29-30 minutes. WOo0oHOo0!

8 servings and have a treat with about 5g of carbohydrates.

### **Stan's Baked Cheesecake-Plain**

Serves 12

24 ounces cream cheese-softened (18g)  
10 packets heat stable sweetener (I use 5 Sweet One, 5 stevia) (10g)  
3 large eggs (2g)  
2 T. cream  
2 tsp. vanilla  
1-2 teaspoons lemon juice

Preheat oven to 450 degrees. Beat the cream cheese and sweetener at medium speed on mixer until smooth. Add eggs one at a time, beating well after each addition. Blend in cream, vanilla and lemon juice. Pour into a sprayed 9" glass pie pan, and set it in a hot water bath. Bake for 10 minutes at 450, then reduce oven temp to 250 degrees; continue baking for 30-35 minutes or until set. Chill well before serving

I come up with 30 grams of carbohydrates, around 2.5 each piece. Cut into 16 pieces, it's down to 2g each. The stevia powder drops that to 22g total, which is 2g each for 12, or 1.5g each for 16.

### **Jim's Simple Man's Cheesecake**

I was reading recipes from the online cookbook for cheesecakes and they seemed too involved for a guy that never made anything from scratch. Here's what I did.

1. Got one pie plate
2. Whipped cream in a can for the crust.
3. Throw it in the freezer till frozen.
4. 8oz. of whipped Cream Cheese. Throw in the blender.
5. Add about 1/4-1/2 the sugar-free chocolate pudding mix . (until you taste the chocolate)
6. Pour in the Heavy Cream until the mixture becomes spreadable.
7. Once the crust is frozen, spread the cream cheese over the crust and throw it in the freezer till it's hardens up. It's also pretty good frozen.

I like this pie making stuff. I think I'm gonna rig my cordless drill with a beater so I can bake with MORE POWER!

### **Kitty's Pumpkin Cheesecake**

3 eggs  
 8 oz cream cheese  
 8 packets sweet 'n low (or 1 1/2 tbsp. liquid saccharin, preferred)  
 1/3 tsp. vanilla butter and nut flavour (with extracts in market)  
 1/3 tsp. maple extract  
 1/3 tsp. vanilla extract  
 1/2 can pumpkin  
 2 tsp. cinnamon  
 1 tsp. ginger  
 1/2 tsp. nutmeg  
 1/4 tsp. Lite Salt

Blend all ingredients in blender until liquefied. Pour into 9" glass pie pan. Bake at 375 degrees for 30 minutes or until it tests done with a knife. Let cool; enjoy!

#### ***Some variations:***

- Double the recipe (only if you have a BIG food processor or blender!) pour into a deep dish pie pan and bake for 45 minutes (or tests done)
- Place a layer of pecan halves on the top before putting in the oven.
- Top with low carb whipped cream (decadent!)
- And if you can't find the fancy extracts, just use 1 tsp of vanilla. But, since I'm from New England originally, you HAVE to have maple!

### **Best Cheesecake Recipe in the Entire Low Carb World :) from "R"**

5 packages (8 oz )cream cheese  
 5 large eggs  
 18 packets AS (I used splenda 3/4 cup)  
 1 1/2 tsp. vanilla extract  
 1/2 cup heavy cream

This must be baked right. If it is it is so excellent that you will be tempted to eat more than one piece. It also must be cooked thoroughly or the texture will not be right. Make sure that cream cheese and eggs are at room temperature. (very important).

Preheat oven to 350. Spray a spring-form pan with a non-stick spray. In a large bowl mix eggs, cream, sweetener, and extract. Add cream cheese in 2-oz chunks for easier beating. After all the lumps are gone pour into the pan and bake for 50 to 55 minutes. (mine took 60). Cool all the way. I left in fridge overnight. 9 carbohydrates per piece. (12 pieces per pie) Can add whipped topping or strawberries, but I found it too good to add anything.

### **Luci's Quick Lemon Dessert**

2 cups heavy whipping cream  
 1 container Crystal Light Lemonade  
 8 oz. softened cream cheese, if desired

Sweeten the cream with the lemonade mix to taste, then whip it up. If you don't add the cream cheese, you have lemon fluff; if you add it, it tastes like lemon cheesecake. Fast and simple, very rich and satisfying.

### **Bavarian Cream**

1 envelope of sugar free Jello, made and removed from the refrigerator when partially set. Mix in a cup of cream that has been whipped separately and sweetened with a sugar substitute. Return to refrigerator until fully set.



## **Tiramisu**

Serves 16. Begin 3 hours before serving or early in day.

24 oz mascarpone cheese  
 1/2 tsp salt  
 3/4 cup Splenda (or equivalent of 3/4 cup sugar, sweetener of choice)  
 1/2 cup prepared coffee  
 1 1/2 tsp almond extract  
 1 1/2 tsp. vanilla extract  
 3 tbsp unsweetened cocoa powder  
 1 1/2 c. heavy or whipping cream  
 1/2 tsp unflavored gelatin  
 1/2 cup heavy cream  
 2 tbsp splenda  
 2 tsp boiling water

## **Almond Loaf (see recipe below)**

1. In large bowl, with wire whisk or fork, beat mascarpone, salt, sweetener, 3 T. coffee, 1 tsp. vanilla, 1/2 tsp almond extract, and two-thirds of cocoa.(Set aside remaining cocoa for top of dessert.)
  2. In small bowl, with mixer at high speed, beat heavy or whipping cream until stiff peaks form. With rubber spatula or wire whisk, fold whipped cream into cheese mixture.
  3. In small bowl combine remaining coffee, remaining 1/2 tsp. vanilla, remaining 1/2 tsp almond extract and 2 T. water.
  4. Line 2 1/2-qt. glass or crystal bowl with one-fourth of almond loaf. Sprinkle with 1/4 of the coffee mixture from step 3. Spoon 1/4 of cheese mixture over almond loaf. Continue layering with almond loaf, coffee mixture and cheese mixture. Top layer should be cheese mixture. Sprinkle remaining cocoa over the top.
  5. Place gelatine in a small cup. Gently add 2 tsp hot water and stir until gelatine is melted. Add 2 tsp. of the remaining 1/2 cup of heavy cream and mix.
  6. In small bowl, with mixer at medium speed, beat remaining 1/2 cup cream and remaining 2 T. Splenda until stiff peaks form. Slowly add the gelatine mixture.
  7. Spoon whipped-cream mixture into decorating bag with large star tube. Pipe large rosettes on top of dessert.
- Refrigerate until chilled and to blend flavours, at least 2 hours.

## ***Almond loaf***

1/2 cup ground almonds  
 3 tbsp flaxmeal  
 1/2 cup Splenda  
 1 tsp. baking powder  
 4 eggs, separated  
 1 tsp. almond extract

Whip the egg whites till stiff but not dry and set aside. Beat the yolks, the Splenda, the baking powder and the rest of the sweetener for 3-4 minutes on medium-high speed. Beat in the nuts, flaxmeal and the almond extract on low. Then gently fold in the egg whites.

Grease a 10x13 casserole pan and then line it with parchment and grease again. Spread the batter in the pan and bake at 350F for about 15 minutes or until a tester comes out clean. Cool 15 minutes on a rack. Turn upside down on a cookie pan to remove from casserole pan, and peel the paper off the back. Allow to cool, and then, using a very sharp knife slice it in half horizontally to make 2 layers

## **Flour-less Lemon Almond Cake – found by Jennifer**

1 1/3 cups blanched slivered almonds  
 8 tablespoons Splenda  
 4 large eggs, separated  
 5 teaspoons packed grated lemon peel  
 1/2 teaspoon ground cinnamon  
 Pinch of salt

Preheat oven to 375°F. Butter and flour 9-inch-diameter cake pan with 1 1/2-inch-high sides. Line bottom of pan with waxed paper. Finely grind almonds with 2 tablespoons sugar in processor. Combine yolks, 2 tablespoons sugar, lemon peel, cinnamon and salt in medium bowl. Using electric mixer, beat until thick and smooth, about 2 minutes. Stir in almond mixture. Using clean beaters, beat egg whites in large bowl until soft peaks form. Gradually add 4 tablespoons sugar, beating until stiff but not dry. Fold large spoonful of whites into almond mixture. Gently fold in remaining whites.

Transfer batter to pan. Bake until tester inserted into centre comes out clean, about 35 minutes. Cool in pan on rack. Turn out onto platter. Remove waxed paper. Cut into 8 slices.

## **Stewed Rhubarb with Vanilla Cream**

Serves 2

2 cups fresh or frozen rhubarb in 1/2 inch slices  
 Scant 1/4 cup water  
 2 tablespoons Splenda, or to taste  
 1/2 cup whipping cream  
 1 tablespoon Splenda, or to taste  
 1 teaspoon vanilla

Place rhubarb and water in small pan. Bring to boil and turn heat to low. Simmer about 10 minutes, and stir in Splenda. Remove from heat and let cool. Meanwhile, whip cream, adding Splenda and vanilla. While rhubarb is still warm, divide into two dishes, and top with 1/4 cup of vanilla cream.

The rhubarb mixture is also delicious as a warm sundae topping for ice cream (lo-carb of course...)

Total calories – 230 calories, 16.2 grams of carbs      Per serving – 115 calories, 8.1 grams of carbs

NOTE - This can also be made with 1 cup of rhubarb and 1 cup sliced strawberries.

## **Jennifer's Lemon Mousse**

3 eggs separated  
 Juice from 1/2 a lemon (2-3 tablespoons)  
 4 tablespoons butter  
 Grated peel from 1/2 lemon  
 1/2 cup plus 2 tsp. artificial sweetener  
 1/2 cup whipping cream

Beat yolks, lemon juice, peel and 1/4 cup of sweetener. Cook on low heat (adding butter in 1/2 tbl chunks 2 or 3 pieces at a time) until it thickens enough to coat a spoon. Take off heat, transfer to a heat proof bowl and stir while it cools.

This is lemon curd delicious by itself if anyone is afraid of uncooked eggs you could stop here. It makes a thick spread. Beat egg whites with 1/4 cup sweetener until stiff peaks, Fold cooled lemon mixture in. Beat cream with 2 tsp. sweetener, fold egg white -lemon mixture in. It makes 6 servings.

## **Almond Flour Pound Cake**

1 cup butter  
1 cup Splenda  
5 eggs  
2 cups almond flour  
1 teaspoon baking powder  
1 teaspoon lemon extract  
1 teaspoon vanilla extract

Cream butter and splenda well. Add eggs, one at a time, beating after each. Mix flour with baking powder and add to egg mixture a little at a time while beating. Add lemon & vanilla extracts. Pour into greased 9" cake pan and bake at 350 for 50-55 minutes.

I've got the whole cake as 47 carbs. I can easily get 8 large slices from a 9" cake, which puts it at 5.8 carbs each. If you're careful you can get 12 slices for only 3.9 carbs a slice! (I had a hard time eating a whole slice so I cut it into the 12 slices)

\* add some cocoa to the recipe & eliminate the lemon extract for chocolate cake

\*\* add banana extract instead of lemon and a few chopped nuts...it made a great banana nut cake.

## **Peanut Butter Cheesecake**

The person who did it says she thinks its 6-8 carbs per piece.

12 oz. heavy cream  
1/3 cup unsweetened peanut butter  
10 artificial sweetener packets  
4 oz. cream cheese  
6 oz. finely-grated almonds  
1/4 cup softened butter

Crust: Take the finely-grated almonds (I had bought whole almonds and chopped them as small as I could, but I think the crust would turn out better if they were grated) and mix them with the semi-soft butter until it forms a pasty consistency. Press into pie plate and bake at 350 degrees for ten minutes, or until the crust is browned. Take out and let cool before filling with pie mixture.

Filling: Whip the heavy cream with 3 packets of AS until it is pretty stiff. Fold in the rest of the ingredients and blend as gently as possible while still mixing thoroughly. (the original recipe called for 17 AS packets all together, but after tasting the mixture upon adding 7, it tasted sweet enough to me. You may want to do this step according to your taste.)

When all the ingredients are mixed, pour into the cooled crust and refrigerate for 1-2 hours.

## **Cheryl's Cloud 9 Pie**

### ***Crust:***

1 1/2 C. pecan halves  
3 T. melted butter  
2 packets Splenda

Grind the pecans to as close to a powder as you can get them in the food processor, being careful not to turn it into pecan butter. Meanwhile in microwave melt butter in a glass 9 inch pie plate. Combine all the ingredients in the pie plate and mix well and then press evenly up sides and over bottom of plate. Bake in 350 degree oven for 10-12 minutes and then cool thoroughly and chill.

### ***Filling:***

8 oz softened cream cheese  
8 pkts splenda  
1 T. vanilla extract

Cream all of the above ingredients in a small bowl.

1 c. heavy cream  
1 T. vanilla extract  
2 pkts Splenda

Beat all above ingredients on high until very stiff whipped cream develops. Next fold the cream cheese mixture into the whipped cream mixture, gently but thoroughly. Pour into chilled pie crust.

Chill at least one to two hours before serving.

(note: be sure to use the lowest carb cream cheese available - Philadelphia, etc - the store brands tend to have double the carbs. Also try to use a NON - alcohol based extract - less carbs again.)

## **Fragommella (Strawberry Breasts)**

450g/1 pound strawberries  
1 tablespoon lemon juice  
1 tablespoon caster sugar  
550g/1 1/4 pounds ricotta cheese, fresh  
150ml/1/4 pint double cream  
3 tablespoons Campari  
4 to 5 tablespoons icing sugar

Set aside 16 of the smallest strawberries and cut the rest into small pieces. Put in a bowl with the lemon juice and caster sugar and leave to soak for 1 hour. Push the ricotta through the smallest sieve of a mould, add cream and Campari, mix well. Sieve the icing sugar into the mixture to your own taste, put a third of the mixture aside and mix the strawberries into the remaining ricotta.

Prepare pink dessert plates and divide the mixture into 16 breast-shaped moulds, 2 for each plate. With a moistened spatula smooth the ricotta over the moulds and place a strawberry on the top of each 'breast'. You can make the moulds 3 hours in advance and store in a refrigerator.

### **Davetjr's Decadent Low-Carb Pie Crust**

1/2 cup chopped almonds  
 1/2 cup chopped pecans  
 1/2 cup chopped macadamia nuts  
 1 whole fresh coconut  
 5 packets equal  
 1 tsp. salt  
 1 stick butter (1/2 cup)  
 1 egg

Crack open the coconut and take out all the guts (brown exterior and all) (It's a pain in the butt, but worth it!) Rinse off coconut and combine with all nuts in a food processor/blender. Run food processor until its all powdery (scrape sides when necessary). Melt butter in microwave or on stove Add melted butter, equal, and salt to nut mixture and mix thoroughly. Let cool a bit and then add egg and mix again. Mold "dough" into 2 nine-inch pie pans. Bake in oven at 350° for 15 minutes or until nice and brown.

Let cool and fill with your favourite low carbohydrate filling. I'm guessing it's about 25 carbohydrates per crust, which mostly consists of fibre. (Any of the cheesecake recipes would be great.)

### **Deb's Quickie Dessert**

1 large package cottage cheese (1/2cp—4 grams carbohydrate)  
 1 small package sugar-free Jello undissolved  
 1 tub Cool Whip  
 Pineapples optional

Mix all together and eat.

### **Orit's Home-made Chocolate Pudding:**

2 cups water  
 2 cups heavy cream  
 1/4 oz unflavoured gelatine (1 packet?)  
 1/2 oz baking chocolate  
 1/2 tsp. vanilla extract  
 1/4 cup Splenda (or equivalent)

In wide saucepan, put 2 cups water. Sprinkle cold gelatine on water, and stir until it's all dissolved. Put on stove, add all other ingredients, bring to a boil and simmer for a while, stirring constantly. (If you're using aspartame, don't add it in until later).

Allow to cool, then use a whisk or hand-mixer to thoroughly mix it up again. (It still tends to separate into two layers after refrigeration...) Put in small bowls or cups and refrigerate thoroughly.

For vanilla pudding, I've used vanilla-flavoured protein powder instead of the baking chocolate. Less carbohydrates, more protein that way.

## **Lilalove's Pie Crust**

I make a crust that tastes very good and is pretty low carb — take a cup of macadamia nuts (for a 9" pie pan — slightly more for a 10" pie pan) and coarsely grind with a chopper — melt 3 tablespoons of butter and mix with the crushed nuts — mix in 1 or 2 packets of sweetener (depending on your taste) — then press the mixture into the bottom of a pie pan and bake for 10 - 15 mins at 400 degrees. I find that if you let it get pretty brown (almost burned) it tastes especially good (but that might just be me)... at any rate let it get at least light brown. Let cool. Fill with whatever pie (cheesecake or what have you) you like — if it's a pie that needs baking you just go ahead and bake again — if it's one that just needs chilling that's fine too. Very tasty.

## **Ketonic Chocolate Mousse – from Dave Edson**

2 oz. Unsweetened Bakers Chocolate (2 squares)

2 tbsp. Water

6 Packets Sweetener

1/2 cup Heavy Cream

1/2 cup Unsalted softened butter

4 Eggs, carefully separated

1 tbsp. Vanilla Extract

27.3 Total Carbs    4.0 Servings    6.8 Carbs per serving

1. Make some boiling water in a large pot. Make an ice bath in another pot.
2. Float a smaller saucepan in the boiling water, and melt the chocolate and the 2 tbsp. water until it starts to melt.
3. Put the egg yolks in a mixer, on high, and let it run for about five minutes— yolks will be light yellow and thick.
4. Add the butter to the chocolate, bit by bit, stirring constantly until you have a liquid goo.
5. Once the goo is nice and liquid, add the sweetener and mix it in.
6. Remove the pan from the boiling water, and put it in the ice bath, stirring constantly. Bring down the temperature of the chocolate until it's the same as your finger.
7. Slowly add the egg yolks to the chocolate mixture, mixing well. The mixture will curdle if you got it too hot.
8. Add in the vanilla and heavy cream. Use the hot water to warm the mixture (very slightly) if it begins to thicken. Set aside.
9. Completely clean your mixer, then beat the egg whites until very stiff (a long time).
10. Gently fold the whites into the liquid chocolate (you can use the boiling water to melt the chocolate if it set up while you were whipping the whites).
11. Pour mixture into four bowls, cover, chill and enjoy!

## **Lilalove's Knock Your Socks Off Pie**

5.5 CARBS per serving/ 8 servings

### ***For pie filling:***

Mix 1small package of sugar free white chocolate pudding with 1-cup heavy cream plus 1/2 cup water then beat in 1-8 oz package cream cheese till smooth. Put aside.

### ***For crust:***

Chop 1 cup macadamia nuts till finely ground add 2-3 tbsp. melted Butter and toss. Pat down in pie pan and bake at 350 for 10-15 min. Cool and fill with pie filling then chill till set in fridge. Makes 8 servings.

## **Blackberry Chiffon Pie – from Alice Faber**

Servings: 6

1 envelope plain gelatine powder, unsweetened

1/2 cup Splenda

1/4 teaspoon lemon oil

6 ounces blackberries — fresh

Water

16 ounces cream cheese — softened

1. Mix Splenda and berries, breaking berries, and let sit for 1/2 hour.
2. Cook berry & Splenda mixture over low heat, stirring almost continuously, until berries are completely broken and juice is released.
3. Force through a narrow mesh sieve (or cheesecloth) to remove seeds.
4. Measure mixture and nuke for 20 sec.
5. Dissolve gelatine in hot berry juice and add enough cold water to bring total liquid to 2/3 cup. Mix in lemon oil.
6. Slowly add the cream cheese and beat at slow speed. When all cream cheese has been added, beat at high speed until smooth.
7. Blend in whipped cream, mixing at low speed.
8. Using a spatula, scrape into the pie pan, and spread around.
9. Chill for at least two hours.

Per serving (excluding unknown items): 287 Calories; 26g Fat (81% calories from fat); 6g Protein; 8g Carbohydrate; 83mg Cholesterol; 223mg Sodium Food Exchanges: 1 Lean Meat; 5 Fat

NOTES : Based on Debbie Cusick's Key Lime Pie.

**Low Carb Peanut Butter Pie – found by Desiree**

1 Tbsp. cocoa  
 8 packs of Equal (or sweetener of choice)  
 6 Tbsp. butter  
 4 oz. cream cheese  
 4 oz. heavy cream  
 2 Tbsp. heavy cream  
 5 Tbsp. Simply Jiff peanut butter  
 6 Tbsp. spoonable Splenda (if you don't have this, it measures like sugar so use your favorite sweetener)  
 1 cup crushed pecans  
 16 Tbsp. Cool Whip  
 1 square of unsweetened chocolate

***Crust:***

Mix pecans and 4 Tbsp. melted butter. Pour in pie plate, spread out to cover bottom of plate. Put in freezer.

***Chocolate Layer:***

Melt 2 Tbsp. butter and unsweetened chocolate in microwave on low setting for approximately 2 min. Mix in 2 Tbsp. cream and 1 tsp. vanilla. Stir well. Add in 8 packs of Equal. Pour over frozen pie crust. Put back in refrigerator.

***Peanut Butter Layer:***

Mix together:

Peanut Butter  
 4 oz. cream cheese,  
 1/3 cup Splenda.

Mix with blender. Spread over frozen pie.

***Chocolate Whipped Topping:***

Mix 1 cup of Cool Whip, 1 tsp. vanilla, and 1 Tbsp. cocoa with spoon. Spread on top of pie. Refrigerate. Cut pie into 12ths. Each piece has 5.3 carb. This pie is delicious! It's very rich so 1/12 is more than you think.

**Egg Custard for 2 from AnnieOops**

1 egg  
 1 egg yolk  
 1/2 c. cream mixed with 1/2 cup water  
 3 tbsp. sugar substitute (or enough to your taste)  
 1 tsp. vanilla extract  
 1/8 tsp. salt  
 1/8 tsp. ground nutmeg

Lightly beat the egg and yolk. Add cream, AS, vanilla and salt. Pour into two ungreased 6 ounce custard cups. Sprinkle with nutmeg. Set in a pan containing 1/2 to 1 inch of hot water. Bake at 350 degrees for 35 minutes or until set.

Yield: 2 servings. Approx. 5 carbs per serving



### **Flan/Custard – from AnnieOops**

(Great for breakfast or dessert)

In blender, mix:

5 eggs

1 cup heavy cream

1 cup water

1 tsp. vanilla / or almond extract

Sweetener of choice (heat resistant)

Blend on high for a minute - pour into pie plate or individual custard cups. Set into baking pan filled 3/4 “ deep with water. Set all in oven and bake at 350 for 40 minutes. Cool and keep refrigerated. I also sprinkle mine with a Splenda/cinnamon mix.

Add a packet of diet swiss miss cocoa mix and substitute coffee for some of the water for chocolate mocha custard!

**Variation:** Add 2 packets of Nestle’s Choc-o-bake for chocolate custard. I then slice it and keep it in a plastic container to eat for breakfast at work.

### **Ice Cream by Mark**

1 1/2 cups Splenda

1 Qt half & half

1 Qt heavy cream

Pinch salt

2 T vanilla extract

4 egg yolks

Mixed up the 1/2/12, salt, splenda and eggs, brought to a boil, cooled off and mixed the rest... Hand cranked for about 45 minutes. Tasted alot like Ben & Jerry’s French Vanilla. Almost too rich...

Even my 16 year old son was impressed !!

## **Baked Chocolate – from Orit**

[Note from Orit: The way I count the carbs, that size serving comes to 10 g carb. I would use smaller dishes - probably muffin tins - for a more legal serving size].

### ***Ingredients for step 1:***

1 egg  
2 egg yolks  
2 tbsp AS

### ***Ingredients for step 2:***

100 gm unsalted butter  
150 gm good bittersweet chocolate, broken into separate squares [*Not sure what I'd use here. Either Lynne's chocolate, or straight baking chocolate with maybe a little more sweetener. 150gm is a bit over 5 oz*]  
Grated peel from half an orange (*that's 1/2 tsp plus another 1/8 tsp, packed tight. Do not substitute lemon peel*).

### ***Preparation:***

Preheat oven to 350, and prepare 4 empty bowls on square cookie sheet.

1. Put all step 1 ingredients in a mixer bowl, and run it on high for 10 minutes (use a timer).
2. While the mixer is working, melt the margarine in a pan over really low flame.
3. As soon as the margarine is melted, turn the flame off. Add the chocolate to the pan. Mix until it's all melted and the mix is uniform.
4. After 10 minutes of whipping, there's a big light yellow whip in the mixer bowl. Turn mixer off.
5. Pour the melted chocolate into egg whip.
6. Add grated orange peel to mixer bowl, and mix everything manually, folding gently and pulling material from the bottom until the colour is uniform.
7. Pour into the bowls, about 1/2 inch high.
8. Bake for precisely 15 minutes, and remove from oven immediately.

### ***Notes:***

The batter rises a bit (but stays low, and that's OK!), its crust cracks, and the mixture inside still moves a little. As it cools, it congeals from its own internal heat.

Sprinkle a few spots of powdered sugar (not a heavy snow layer, and yours truly would skip this step entirely).

Eat it warm or (my preference) lukewarm, and the next day. Do not store in the refrigerator, but in the cold oven.

## **Best Cheesecake Recipe**

5 packages (8 oz) cream cheese  
5 large eggs  
18 packets AS (I used Splenda 3/4 cup)  
1 1/2 tsp. vanilla extract  
1/2 cup heavy cream

This must be baked right. If it is it is so excellent that you will be tempted to eat more than one piece. It also must be cooked thoroughly or the texture will not be right.

Make sure that cream cheese and eggs are at room temperature. (very important). Preheat oven to 350. Spray a spring-form pan with a non-stick spray.

In a large bowl mix eggs, cream, sweetener, and extract. Add cream cheese in 2 oz chunks for easier beating. After all the lumps are gone pour into the pan and bake for 50 to 55 minutes. (mine took 60). Cool all the way. I left in fridge overnight. 9 carbs per piece. (12 pieces per pie) Can add whipped topping or strawberries, but I found it too good to add anything.

## **Cheesecake Crust - from Andrea Frankel**

1 cup almond flour  
1.25 sticks of butter  
1 egg  
1/4 cup of Splenda  
1/4 teaspoon almond extract  
1/4 teaspoon vanilla extract  
1/4 teaspoon cinnamon

Mix together and spread on bottom of cheesecake pan.

### ***Notes:***

Try adding a teaspoon of xanthan gum, guar gum, notSugar, or notStarch. You might need to sprinkle a couple teaspoons of water over the mixture to activate the gums.

You can also try adding an egg yolk to bind things together. Using the whole egg, or just the egg white, tends to produce something closer to concrete than shortbread, in my experience!

## **Cheesecake Supreme by Debbie in NC**

### ***Crust:***

1 cup sifted almond flour ( or 1/2 soy, 1/2 almond )  
1/4 cup Splenda  
1 tsp. grated lemon peel  
1/2 cup butter  
1 slightly beaten egg  
1/4 tsp. vanilla

Mix flour, Splenda and peel. Cut in butter. Add yolk and vanilla. Pat 1/2 of this onto the bottom of a 9" springform pan and bake at 400° for 5 - 8 minutes.

Cool bottom, put sides on pan, pat rest of crust in place, 1 3/4 inches high.

### ***Filling:***

40 oz. cream cheese ( five 8 oz. pkgs )  
1/4 tsp. vanilla  
1/2 tsp. grated lemon peel (optional)  
1 3/4 cup Splenda  
3 tbsp. sifted soy flour  
1 tbsp. NotSugar (for texture)  
1/4 tsp. salt  
4 or 5 eggs  
2 egg yolks  
1/4 cup cream

Mix dry ingredients. Whip cheese until smooth. Add vanilla and peel. Gradually mix in dry ingredients. Blend in eggs and yolks one at a time. Gently stir in cream. Pour into crust.

Bake at 450° for 12 minutes. Decrease temp to 300° and bake 55 more minutes or until a knife inserted OFF-center comes out clean.

Cool 1/2 hour and loosen sides with a spatula. Cool 1/2 hour more, THEN remove sides. Cool 2 hours more (at least) before serving.

Makes at Least 12 slices!

## **Lindy's Low Carb Cheesecake**

(based on cheesecake recipe from Lindy's Restaurant in NYC)

### ***The filling:***

2 1/2 lbs. cream cheese  
 1 1/4 cup Splenda (or equivalent)  
 3 tbsp. flour  
 1 1/2 tsp. grated orange rind  
 1 1/2 tsp. grated lemon rind  
 1/4 tsp. vanilla extract  
 5 eggs  
 2 egg yolks  
 1/4 cup heavy cream

### ***The crust:***

1 cup finely-ground almonds, walnuts or pecans  
 1/4 cup Splenda (or equivalent)  
 1 tsp. grated lemon rind  
 1/4 tsp. vanilla  
 1 egg yolk  
 1/2 cup butter, softened

1. Prepare crust by combining nuts, sugar, lemon rind and vanilla. Make a well in centre and add egg yolk and butter. Work together quickly with hands until well blended. Wrap in waxed paper and chill thoroughly in refrigerator, about 1 hour.
  2. Prepare filling by combining cheese, sugar, flour, grated orange and lemon rind and vanilla. Add eggs and egg yolks, one at a time, stirring after each addition. Stir in cream. Set aside.
  3. Preheat oven to 400 degrees F. Butter bottom and side of a 9-inch spring-form pan.
  4. Put crust mixture into the spring-form pan and spread it out over bottom of pan. Crust should completely cover bottom of pan. Bake for 20 minutes. Cool.
  5. When the pan has cooked slightly butter the sides of the pan.
  6. Fill the pan with the cheese mixture. Bake in a 450 degree oven for 12 to 15 minutes. Reduce temperature to 200 degrees and continue baking one hour. Remove from pan and cool completely.
  7. To serve, loosen pastry from side of pan with a spatula. Remove side of spring-form pan. Cut cheesecake into wedges.
- Serves 12. Each slice has 12g carb so it is \*not\* an induction food.

## **Cherry Vanilla Cream Cheese Whip**

8 oz. cream cheese (8 g)  
 2 tsp. vanilla (2 g.)  
 1/4 - 1/2 tsp. Wyler's cherry drink mix (to taste)  
 2 packets Splenda

Beat until fluffy. Enjoy!

Total carbs: 10 g. If you make 4 servings out of it, it's 2.5 gm/serving. NOTE: For a little firmer texture, whip in 1/2 cup diet Jello. Refrigerate.

## **Coconut Bavarian by Enid in Ottawa**

1 pkg diet Jello (any flavour)  
 1 cup boiling water  
 3/4 cup cold water  
 3/4 cup whipping cream  
 2/3 cup SF coconut

Dissolve Jello in boiling water. Add cold water. Chill until slightly thickened. Whip cream. Blend into the gelatine. Add coconut. Chill until firm. Delish!

## **Delight Pie**

Serves: 6

1 pkg. (6-serving size) JELL-O Chocolate or Vanilla Flavor Instant Pudding & Pie Filling (Sugar Free)  
 2-1/2 cups cold milk (1 1/2 c cream + 1 c water)  
 1 baked 9-inch pastry shell or graham cracker crumb crust (LC crust + sf coconut + pecan bits)  
 1/2 cup prepared DREAM WHIP Whipped Topping or thawed COOL WHIP Whipped Topping

PREPARE pie filling mix as directed on package for pie, reducing milk to 2-1/2 cups. Measure 1 cup; pour remaining pie filling into pie shell.

GENTLY stir whipped topping into measured pie filling. Spread over filling in pie shell. Refrigerate about 3 hours. Garnish with additional COOL WHIP Whipped Topping and chocolate curls or candies, if desired.

## **French Silk Chocolate Pie**

1/2 cup butter, softened (not melted)  
 Equivalent of 3/4 cup (or 12 Tbsp. or 36 tsp.) sugar (18 packets Splenda)  
 2 squares (2 oz) unsweetened baking chocolate (8 gm)  
 1 tsp. vanilla (3 gm)  
 2 eggs (1 gm)

### ***Optional ingredients:***

Chopped nuts to use for topping, or to mix into pie filling  
 1 pint heavy cream, whipped with sweetener — for topping  
 Low-Carb Crust recipe of your choice, or finely chopped nuts mixed with melted butter and sweetener and pressed into pie plate

### ***Filling:***

Cream butter and sweetener. Melt chocolate and blend into butter/sweetener mixture when cooled. Stir in vanilla. Add eggs, one at a time. With electric mixer, beat 5 MINUTES after adding each egg (total 10 minutes). This is an important step, so set your timer.

Add nuts if desired. Pour into pre-baked low-carb pie crust (if you are using a crust), or into buttered pie plate without crust.

Chill 1-2 hours minimum. Top with whipped cream if desired, and sprinkle nuts over the top. Best if chilled overnight. Total carbs for filling: 12 gm. Carbs per serving (filling only — 1/8 pie) = 1.5 gm.

NOTES: If you double the recipe, add eggs 2 at a time and beat 7 minutes each time (total 14 minutes). If you prefer, use a 12-cup cupcake tin and distribute the filling evenly into the 12 cups. Each cup of filling will be 1 carb.

### **Key Lime Cheesecake Souffle**

12 ounces cream cheese, softened  
 5 packets Splenda  
 1 tsp. Key Lime juice  
 1 cup heavy cream  
 1/2 cup fresh strawberries

Combine cream cheese, Splenda and lime juice in a bowl and mix well. Beat the heavy cream in a bowl until it forms soft peaks. Fold the whipped cream into the cream cheese mixture. Transfer mixture to large glass bowl and chill covered for at least 25 minutes. Serve topped with quartered strawberries.

### **Lemon Cheese Cake – from Debra Long**

1-8 ounce package of Philly Cream Cheese  
 3/4 cup heavy whipping cream  
 1 tsp. vanilla extract  
 Juice of 1/2 of a lemon (the juice bottles just don't work here so get the real thing)  
 1/2 package of sugar-free lemon Jello (you can just sweetened it with nutrasweet instead but it will be less lemony)

Blend the whipping cream, Jello, juice, and vanilla extract until fluffy, add the cream cheese and break into chunks, beat until smooth. Refrigerate for about one hour and enjoy. Makes about 3 good size servings or 6 small servings.

I've also tried this using lime juice and sugar-free lime Jello instead. It's just yummy.

### **Mini Cheesecakes**

Makes 84 mini cheesecakes @ .5 carb each.  
 3# box of Philadelphia Cream Cheese or 6- 8 oz. packages cream cheese  
 6 eggs  
 1 tub (1/8) of Crystal Light Raspberry Ice

Mix well and beat until smooth and creamy.

Preheat oven to 350=B0. I use miniature muffin pans (hors d'oeuvres size). Line with min paper liners. Fill to the top (about a teaspoon full) of the cup. Bake for 15-20 min. until the centre puffs and sets. Cool. Refrigerate covered. Makes about a week's supply of treats. I love it with a cup of coffee in the afternoon for a little snack (or a morning coffee break). Crystal Light has no carbs and is a great sweetener.

## **Mousse - by Debbie Cusick**

4 tbsp. heavy cream  
 1/2 tsp. cocoa  
 1 tsp. sugar-free instant chocolate pudding powder  
 Sweetener to taste  
 1/2 tsp. vanilla  
 2 tbsp. peanut butter (optional)

Whip heavy cream until peaks form. Add all other ingredients and continue beating until all are well blended. Use spatula to scrape into a small bowl. Chill for at least 5 minutes - then enjoy.

### ***Variations:***

- Use banana cream pudding and banana extract instead of chocolate pudding and vanilla. (leave out the cocoa too, of course)
- Use vanilla pudding instead of chocolate (no cocoa). Experiment with flavouring extracts instead of vanilla. I love coconut. Add in some unsweetened coconut. Yum! Others might be maple, almond, mint, lemon.
- Use vanilla as above. Instead of flavouring extract use 1-2 tsp. of sherry. This is yummy.
- With any of the above add 2-3 oz cream cheese. Gives it a cheese-cakey taste which I enjoy.

## **Cheesecake Recipe**

Serves 12

Per serving: 8.2g Protein, 28g Fat, 4g Carbs

Butter for the pan  
 2 pounds cream cheese, at room temperature  
 1 1/2 cups Equal Spoonful (I use Splenda)  
 4 large eggs, at room temperature  
 Zest of 1 lemon, minced, optional  
 Zest of 1 orange, minced, optional  
 2 tablespoons heavy cream  
 1 teaspoon pure vanilla extract

Preheat the oven to 350F. Butter a 9-inch spring-form pan and set aside.

Using an electric mixer, beat the cream cheese well on medium speed until it's absolutely smooth. Slowly beat in the sweetener. Add the eggs one at a time and beat well after each addition. Add the remaining ingredients, scrape down the bowl, and stir to combine.

Pour the cheesecake into the prepared pan and smooth the top. Bake for 10 minutes. Turn the heat down to 275F and bake for 1 hour, or until the edges are lightly brown. Turn off the oven.

Run a knife around the edge of the pan and return the pan to the oven to cool slowly. Don't worry if the centre of the cheesecake looks a little wiggly; it will firm up in the oven.

Cover the cooled cheesecake with plastic wrap and refrigerate overnight, or up to 3 days. To serve, run a knife around the edges again and remove the sides of the pan.



## **No-Cook Cheesecake**

1 pkg. unflavoured gelatine  
 1 c. boiling water  
 2 8-oz. pkg. cream cheese  
 1 t. vanilla extract  
 10 pkg. artificial sweetener

In mixing bowl, dissolve gelatine in boiling water. Cut cream cheese into small pieces & place in dissolved gelatine. Add vanilla; stir until most of the cream cheese lumps disappear. (You can do this in a blender, I've found.)

Pour into a dish (or, I pour into 4 Tupperware containers, so I can take them to work.) Chill about 2 hrs till firm.

### ***Optional:***

After you get most of the cream cheese lumps out, stir in up to 1/4 c. of blackberries, blueberries or chopped strawberries into the mixture.

## **Low-Carb Peanut Butter Pie:**

1 Tbsp. cocoa  
 8 packs of Equal  
 6 Tbsp. butter  
 4 oz. cream cheese  
 4 oz. heavy cream  
 2 Tbsp. heavy cream  
 5 Tbsp. Simply Jiff peanut butter  
 6 Tbsp. spoonable Splenda (if you don't have this, it measures like sugar so use your favourite sweetener)  
 1 cup crushed pecans  
 16 Tbsp. Cool Whip  
 1 square of unsweetened chocolate

### ***Crust:***

Mix pecans and 4 Tbsp. melted butter. Pour in pie plate, spread out to cover bottom of plate. Put in freezer.

### ***Chocolate Layer:***

Melt 2 Tbsp. butter and unsweetened chocolate in microwave on low setting for app. 2 min. Mix in 2 Tbsp. cream and 1 tsp. vanilla. Stir well. Add in 8 packs of Equal. Pour over frozen pie crust. Put back in refrigerator.

### ***Peanut Butter Layer:***

Mix 4 oz. cream cheese with 1/3 cup Splenda. Mix with blender. Spread over frozen pie.

### ***Chocolate Whipped Topping***

Mix 1 cup of Cool Whip, 1 tsp. vanilla, and 1 Tbsp.. cocoa with spoon. Spread on top of pie. Refrigerate. Cut pie into 12ths. Each piece has 5.3 carb. This pie is delicious! It's very rich so 1/12 is more than you think.

## **Sour Cream Cheesecake**

16 oz. cream cheese  
3 eggs  
1/4 cup splenda (or other AS) (or 1/2 C if not stevia)  
5 drops Stevia  
1 tsp. Lemon juice (or vanilla) Dash salt

Heat oven to 375. Blend above ingredients - put in a bread pan or other container. Cook at 375 for 25 minutes. Dust top with cinnamon. Cool to room temperature.

Increase oven temperature to 425.

Mix and pour over cake:

1 1/2 C Sour Cream  
2 Tbsp. Splenda or 1 Tbsp. Splenda with 3 drops Stevia  
1/2 tsp. vanilla  
Dash of salt

Bake about 5 minutes to glaze the cheese cake. Let cool - then refrigerate several hours

12 Servings – approximately 3.5 carbs each

## **Strawberry Whipped Cream/Dessert/Ice Cream**

1 cup heavy whipping cream (6.6 gm)  
1/2 cup water  
1/2 tsp. vanilla (1.5 gm)  
3/8 tsp. Wyler's Strawberry drink mix (or to taste)  
3 packets Splenda (equivalent of 2 Tbsp. sugar)  
4 ripe strawberries, chopped (optional — adds some carbs)

Mix ingredients together. Taste. Adjust Wyler's and Splenda to taste, if necessary. (The Wyler's is highly concentrated, so a little goes a long way!)

Whip ingredients until peaks form. Use as whipped cream or whipped dessert, or freeze as ice cream (will freeze up VERY hard).

Total carbs: 8.1, more if fruit is added. 1/4 cup (4 Tbsp.) serving: approx. 2 gm. without fruit.

**Jamie's Sugar-free Microwave Cheesecake**

(adapted from a microwave cookbook)

***Crust:***

1/4 cup butter (4 Tbsp. or half of a stick)  
 1 cup crushed nuts (or part nuts, part crushed All-Bran Extra Fiber cereal)  
 2 Tbsp. Splenda or 3 packets sweetener

***Filling:***

1 pound (2 8 oz packages) cream cheese  
 1 cup Splenda or 24 packets sweetener  
 1/4 tsp salt  
 1/3 cup cream  
 4 eggs  
 1 tsp. vanilla  
 2 Tbsp. lemon juice (optional, I don't care for the lemon taste myself)

Topping: either 1 cup sour cream or 2 cups fresh berries

Put butter in microwave baking dish and microwave at High for 45 to 60 seconds until butter melts. Stir in nut/cereal crumbs and sweetener. Mix well and press evenly in bottom of dish. Microwave at High for 1 1/2 minutes.

Place cream cheese in medium mixing bowl. Microwave at 50% (medium) power for 1 minute or until soft. Add sweetener, salt and cream. Beat at medium speed of electric mixer until blended. Beat in eggs, vanilla and lemon juice. Microwave at High for 4 to 7 minutes or until very hot. (be careful...or you'll end up cooking it in the mixing bowl). Stir and pour over crust.

Microwave cheesecake at 50% (Medium) power for 7 to 15 minutes, until almost set in center. Cool slightly and spread with desired topping. Refrigerate at least 8 hours before serving.

**Orit's Simple Cheesecake:**

1 lb. ricotta cheese  
 5 oz creme fraiche (42% fat sour cream)  
 3 eggs  
 1/4 cup Splenda  
 1 tsp. vanilla extract  
 1/2 tsp. lemon juice

Mix everything together. Pour into buttered non-stick 6"x8" baking pan. Bake at 350F for about an hour, or until the top is all golden. Cut into 12 2"x2" pieces. Store in 'fridge for a sweet snack, at about 2gm carbohydrate apiece (depends on the kinds of ricotta, cream, and sweetener you use).

This cake is not high (it rises some but then collapses). It ends up about 1/2" high, so the "slices" resemble brownies in shape.

**Creme Brulee (almost) – adapted by Stephanie**

12 portions

1 1/4 quarts of heavy cream

1/2 vanilla bean split (I just put in about 1 1/2 tsp. vanilla extract)

1 cup Splenda

12 egg yolks (See note at end on what we did later with the whites.)

1. Combine heavy cream, vanilla and 1/2 the Splenda to a boil.
2. Combine the beaten egg yolks and remaining Splenda
3. Temper egg-sugar mixture into hot heavy cream; cook until thick enough to coat the back of the spoon.
4. Fill ramekins 7/8 full, place in water bath
5. Bake in a 325 F (165 C) oven until just barely set, approximately 45 min.
6. Remove from water bath when cool, wipe bottoms of ramekins, and refrigerate overnight.

**Note:** (about the other 12 egg whites). I got 1 cup of flour from the neighbour's and made an angel food cake, too. Which turns out to be less than 10 carbs/serving so could qualify after induction. We put a raspberry topping on the cake.

**Jennifer's Quick Sweet Fix**

Mix together in a food processor or blender or bowl (if you have a strong arm) the following:

12 oz. Cream cheese

3/4 packet of Sugar Free butterscotch pudding mix

3 or 4 (to taste) sugar substitute

1 tsp. vanilla

Then add 1 cup of heavy cream, beaten into stiff peaks. Fold in together, put in a bowl or muffin tins to chill and INDULGE!!!

**Quick Jello Cheesecake Dessert – from Debra Long**

1/2 pkg. SF Jello

3/4 cup whipping cream

8 oz. cream cheese

3/4 tsp. vanilla extract

Whip the cream, vanilla and Jello until thick add the cream cheese and beat until desired consistency. Refrigerate at least one hour before serving.

I like to double this recipe using either lemon or lime jello and adding the juice of one lemon or lime.

**Pumpkin Custard – from Debbie Cusick**

1/3 cup heavy cream

1/3 cup water

1/4 cup canned unsweetened pumpkin

1 egg

2T 0-carb protein powder

1/4 cup Splenda (or equivalent sweetener of choice) \*OR\*

1/4 tsp. Stevia (white powder variety) - equals a 1/4 cup of sugar

1/2 tsp. cinnamon

1/4 tsp. ginger  
 1/4 tsp. allspice  
 Pinch mace

Combine all ingredients with fork, wire whisk or hand mixer. Pour into small (2-cup) buttered casserole dish. Bake at 350 degrees F for 30-35 minutes. Can be served warm (yummy) or cold. When cold it is really good topped with whipped cream. Has 8g carbs and 2.3g fibre.

### **Coconut Milk Pudding – from Romana**

This is really simple and plain but I love it. It's good with strawberries and cream.

1 can of coconut milk  
 2 teaspoons of unflavoured gelatine powder  
 3 packets of Sweet One  
 2 packets of Equal (or other artificial sweetener you prefer)  
 1/2 teaspoon vanilla

Put the coconut milk in a saucepan. Fill up the can of coconut milk halfway with cold water. Stir the gelatine powder into the cold water. Stir the sweeteners and vanilla into the coconut milk. Bring the coconut milk just to a boil, then dump in the gelatine and water, mixing it in. Pour into a Tupperware bowl, snap the lid on, and leave it in the refrigerator for 4 hours or overnight to let it set.

22g carbs, 9g of fibre for the 14-oz can of coconut milk 6g carbs for the sweeteners and vanilla

19g for the whole recipe, which (for me) makes 3 or 4 servings.

### **Chocolate Orange Bavarian – from Debbie Cusick**

Serves 6-8

2 oz unsweetened chocolate  
 1 tbsp. butter  
 2 tbsp. unsweetened cocoa powder  
 Sweetener equivalent to 3/4 cups of sugar (18pkts sweetener of choice)  
 2 cups whipping cream  
 2 packages Knox unflavoured gelatine  
 1 cup boiling water  
 2 ice cubes  
 2 tbsp. grated orange peel

I set my electric kettle on to boil, and while it boils I pop the chocolate into the microwave topped by the butter, and melt it down. Usually takes about 2 1/2 minutes in my microwave. Place the gelatine in a small bowl. When water boils add one cup of water to the gelatine and stir until all the gelatine has melted. Then add half the orange peel (I don't want to 'waste' an orange so I so use bottled orange peel from the spices section at the supermarket) and stir for another minute or so. Then stir in the 2 ice cubes until they are melted. Mixture should be tepid by now.

Meanwhile after chocolate and butter melt stir until they are well blended. While chocolate and gelatine are cooling on your counter get out a large bowl and the whipping cream and begin to beat until peaks start to form. Then add in the sweetener and cocoa powder. Then, while continuing to beat, slowly pour in the chocolate mixture. You may need to stop beating for a minute to scrape the last of the chocolate from the bowl. Then slowly pour in the gelatine mixture while continuing to beat.

When all is well blended pour into a pretty bowl (I use a cut crystal bowl) and top with remaining orange peel. Chill for at least 3 hours. Can also be poured into a mould pan and unmolded when ready to serve. If you do that then save orange peel to sprinkle on top after unmolded, or add all the peel to the mixture.

### **Coconut Creme Pie – sent in by Cheryl**

4 eggs  
 1/4 cup Butter  
 1 cup Splenda Spoonable  
 1/2 cup soy powder  
 1/4 teaspoon salt  
 1/2 teaspoon baking powder  
 2 cups heavy whipping cream  
 1 cup unsweetened coconut  
 1 teaspoon vanilla extract

Place all ingredients in blender at one time and blend until mixed together. Pour into a buttered 10-inch pie plate. Bake in a 350 degree oven for 1 hour. When done, crust will be on bottom, custard in the middle, and coconut on top - right where they belong.

### **Melissa's Creamy Mixed-Up Jello**

Take 1 box of sugar free Jello any flavour (berry or lime is best I think). Make as directed. When Jello is getting thick-but not solid yet- beat the dickens out of it with a mixer - you want it frothy and creamy looking. Then add 8oz of softened cream cheese....beat some more (a lot if you want it totally mixed in, a little if you like little hunks of cheese in it still). Add 2 packets equal, mix well and set aside. Next take a little carton 8oz of whipping cream and whip it into cream adding 2 packets of Equal. With a spatula or large spoon carefully FOLD it into the Jello mixture (if you beat this in you will knock all the air out of the cream and destroy it). It will look marbled with the Jello and the white cream. Swirly sort of. Sit in fridge for an hour to re-gell. Then enjoy, it is wonderful!

### **Jen's Impossible Pie**

4 eggs (2 carbs)  
 1 C Splenda (24 carbs)  
 1/2 tsp. Stevia  
 1/4 C Soy flour (4 carbs)  
 1/4 C Flax Seed Meal (4 carbs)  
 1/4 C. Butter  
 1 C. Cream (7 carbs)  
 1 C. Water  
 2 C. Coconut (12 carbs) (unsweetened)  
 1 tsp. Vanilla

Put everything into blender or mix well. Pour into 10 inch glass pie pan or quiche pan and bake 30 min at 300. This pie makes its own crust.

Cut into 8 pieces for 7gm carbs per slice. All carb counts are effective carbs after subtracting fibre.

## **No Bake Light & Creamy Cheesecake – from Luminaria**

8 oz cream cheese (6 gr.)  
 1/2 cup sugar (equiv. in favourite sugar substitute) (.861 per packet of nutrasweet, I use 4 = 3.44 gr.)  
 8 oz sour cream (9.8 gr.)  
 2 teaspoons vanilla (1.06 gr.)  
 1 cup plain (liquid) heavy whipping cream (6.6 gr.)  
 Several fresh strawberries (4 berries = 2 gr.) (.5 carbs each)  
 28.9 grams total

Makes six servings, 4.82 grams each (Grams calculated from USDA list)

You let the block of cream cheese sit on the counter for a while, so it warms up a bit, and is soft, then whip up the whipping cream (yield, approx. two cups, whipped)

Slice strawberries and set aside on a paper towel to drain (if you slice them first, and drain them on a paper towel, they don't "bleed" the top of the pie pink)

Beat cream cheese until smooth. Gradually beat in \*sugar\* substitute, blend in sour cream and vanilla. Fold in whipped topping, blending well. Spoon into pie plate. Place strawberries on top, artistically.

Cover, chill until set, 2 - 4 hours (or until after dinner)

## **Megan's Pumpkin Flan**

3/4 c sugar ( replace with its LC equivalents)  
 1/4 cup water  
 1 cup canned pumpkin (19.72 total carb & 10 fiber)  
 3/4 cup sugar (12 g total for whatever I substitute)  
 1 tsp. cinnamon  
 1/2 tsp. ground ginger  
 1/4 tsp. each of ground allspice and nutmeg (2 carb total for all spices)  
 6 eggs (6 carb )  
 1 cup half n half (10.32 carb)  
 1 cup heavy cream (6.64 carb)

Preheat oven to 350 F degree. Place dish (flan pan or quiche dish) in hot water until warm to prevent dish from cracking when pouring hot syrup into it. Dry completely, pour syrup into dish, rotating to coat bottom.

Beat all remaining ingredients, except half-and-half and cream in a large bowl until well blended. Beat in half-and-half and cream. Pour over syrup in dish. Place dish in shallow roasting pan on oven rack. Fill roasting pan 1" deep with very hot water. Bake 1 to 1.25 hrs until a knife inserted will come out clean.

Remove dish from water and cool 15 minutes. Refrigerate about 3 hrs. Loosen sides of flan from dish with knife. Unmould. Refrigerate remaining flan immediately. Serves 12.

I estimated 1 g carb per serving for sugar substitute since I haven't decided what to use yet. So it would be just under 5 carb per serving and approximately 3/4 g fibre per serving.

## **Silken's Super-Easy Dessert**

Take some cream cheese and add just a little bit of vanilla and mix it (no electric mixer needed) with some whipped heavy cream that you have whipped with an electric mixer..... it is creamy, sweet and very rich... will make you feel decadent. :)

**Kitty's Pumpkin Cheesecake – posted by Jennifer**

3 eggs  
 8oz cream cheese  
 8 packets Sweet-n-Low (or 1 1/2Tbbs. liquid saccharin)  
 1/3 tsp. vanilla butter and nut flavour  
 1/3 tsp. maple extract  
 1/3 tsp. vanilla extract  
 1/2 can pumpkin  
 2 tsp. cinnamon  
 1 tsp. ginger  
 1/2 tsp. nutmeg  
 1/4 tsp. salt

Blend all ingredients in blender or processor until liquefied. Pour into 9" pie pan. Bake at 350 for 30 minutes or until a knife comes out clean. Let cool. Topping with pecans before baking or topping with sf whipped cream is Maaahvelous!!

**Renee's No-Fail Cheesecake**

2 packages cream cheese - softened  
 3 eggs  
 1 C sour cream  
 2/3 cup Splenda  
 1 tsp. vanilla  
 1 tbsps. lemon juice - fresh

Cream cream cheese and eggs. Add sour cream and rest of ingredients. Pour into greased glass pie plate. Place pie plate into another pan half filled with water Bake in preheated 350 degree oven for 50 min. Turn off oven and let cool in oven.

For some reason, baking it in within another pan filled with water, keeps it from puffing up and "falling" when removed from the oven. I have added cocoa to this recipe for a great change of pace.

**Sugarless Cheesecake - from Eat Great/Lose Weight By Suzanne Somers**

Posted by Cyberchickie

16 oz cream cheese  
 12 packets Equal  
 3 large eggs  
 3 tbsps fresh lemon juice  
 1 1/2 teaspoon vanilla extract  
 1/4 teaspoon salt  
 3 cups sour cream

**Raspberry Sauce:**

1 Pkg. Frozen Raspberries, thawed.  
 3 to 4 packets Equal  
 1 teaspoon lemon juice  
 Combine ingredients and blend until pureed.

Preheat oven to 350. In a large bowl, beat cream cheese and sweetener until very smooth (about 3 minutes.). Add the eggs, one at a time, beating well after adding each one. Add the lemon juice, vanilla, and salt. Beat in the sour cream until just blended.

Grease an 8-inch spring-form pan and line bottom with parchment. Wrap the outside of pan with double layer of foil to prevent seepage. (NOTE: I use a regular non-stick cake pan sprayed with Pam cooking spray.)

Pour batter into pan, and set the pan into a large roasting pan and surround with 1 inch of very hot water. Bake for 45 minutes, turn oven and let the cake cool 1 hour without opening the door. Then, let cool to room temp, and refrigerate overnight. Top with Raspberry Sauce.



## **Barb's Chocolate Mousse Thingy**

If you want something yummy-decadent, take some marscarpone cheese (this is what they use in Tiramisu), some heavy cream (just enough to thin out the marscarpone), some unsweetened dutched cocoa powder, and your favorite sweetener. Don't ask me about amounts - it's a Zen thing. Whip it all together in a blender or whatever. OMG it is so rich just a couple of spoons are enough.

## **"Free" Dessert – from Terrie Kaufman**

1 Package Sugarless Jello - any flavor

Use the 2 cups hot water to dissolve the Jello. Instead of using the 2 cups cold water, use something like Lemon/Lime diet drinks, or even the Diet Coke I used with Cherry Jello.

Since the diet drinks are less then 2 full cups it will take the Jello less time to jell. After three hours in the refer drag out the sour cream and your hand mixer. Beat whatever amount of Sour Cream you feel comfortable with into the Jello. Beat for maybe 5 seconds, that's all you need - Do NOT overbeat.....

I make three different favors at a time and each one in a different dish to jell. Then, I alternate the different colors into the parfait glasses so it's colorful.

Put the Jello into something pretty, like a parfait glass, or even a mold and back into the refer for another few hours to reset.. Not only is it pretty, it tastes GREAT and it's Free.

## **Best Ever Dessert – from Sally Garcia**

8 oz cream cheese beaten

Add 1 cup heavy cream, beat

Add 1 cup cold water

Add 1 small package of sugar free white chocolate pudding. Chill or freeze.

By the way, the carb count for heavy cream is around 6 for 8 oz fluid according to the USDA site:

## **Thanksgiving Dessert – from BeLLa**

1 cup ricotta

2 packets Splenda

1/2 tbsp. pumpkin spice

1/4 tsp. nutmeg

1/4 tsp. cinnamon

We mixed it together with a spoon and each had 1/4 cup.... It was fantastic!!!! We're making it with a whipped cream topping for our Thanksgiving desert. We also tried the ricotta with just cinnamon and Splenda.... tasted just like rice pudding!

## **George's No-Bake Chocolate Cheesecake**

1 8oz. package of Philadelphia cream cheese

1 1oz. square of Bakers' brand baking chocolate

1 tbsp. Vanilla extract

1 tbsp. butter or margarine

1 cup of Splenda (I wouldn't recommend any other artificial sweetener for this)

Blend softened cream cheese, vanilla extract, and 3/4 of the Splenda until smooth. Melt the square of chocolate in the microwave for 1 minute and add margarine and 1/4 of the Splenda into the chocolate. Slowly beat in the chocolate mixture into the cream cheese. Place the cheesecake mixture into a bowl and place in the fridge for an hour to set.

The result is more of mousse than a dense traditional cheesecake. Really satisfies the sweet tooth!

I have only used Splenda instead of other sweeteners, I couldn't imagine this with gritty equal or sweet and low.

**Creme Brulee – from SCS46**

8 egg yolks (2.4 gr carbs)  
 1/3 c Splenda (8 gr)  
 2 c heavy cream (13.2 gr)  
 1 tsp. vanilla (1/2 gr)  
 1/4 c Splenda (for top, optional, 6 gr)

Preheat oven to 300. Whisk egg and Splenda until dissolved, thick and pale yellow. Add cream and vanilla-whisk some more. Strain and skim off foam and bubbles. divide among 6 ramekins(or 1 quiche dish) place in water bath . Bake until set at edges but loose in center, 40-50 min. Remove from oven, leave in water bath until cool. Remove cups and chill at least 2 hrs. When ready to serve, sprinkle 2 tsp. Splenda over each and burn with mini-torch or place under broiler briefly.

Carbs per serving=5 g

**Debbie's Pumpkin Cheesecake**

6-8 oz Pecans  
 2 TB Splenda  
 5TB Butter- melted  
 4- 8oz package Philly Cream Cheese - room temp  
 3/4-1 cup Splenda  
 1/2 tsp. Cinnamon  
 1/4 tsp. Ground Ginger  
 1-15oz can Solid Pumpkin  
 3 Eggs  
 1Tb Vanilla

Preheat oven to 350. Crush nuts & Splenda in FP until finely chopped. Add melted butter & process until moist. Press nut mixture onto bottom & 1 inch up the sides of a springform pan. Bake 10 minutes or until golden. Cool. Wrap bottom & a little up the side in double thickness tin foil.

Beat cream cheese, Splenda, cinnamon & ginger until smooth. Add pumpkin, beat until well blended. Add eggs & vanilla, beat until smooth. Pour into crust. Set springform pan into a roasting pan, fill it with hot water about an inch high. Bake 1 hour & 45 minutes or until top starts set & turns golden. It's a lot of work but oh how delicious. I'm on PP so I deducted fiber from nuts & pumpkin.

**Cranberry Treat - from Cheryl Satterwhit**

1 cup fresh cranberries  
 Water  
 1/4 teaspoon dried orange peel  
 1/2 teaspoon lemon extract  
 4 packets Splenda  
 1/2 teaspoon Notsugar  
 1/2 cup walnuts chopped

Put washed cranberries in a pan with enough water to cover; add the rest of the ingredients except the walnuts. Bring to a boil and then lower heat to simmer until it is thick. Remove from heat and stir in the walnuts. Can be served warm or cold.

4 servings at 2.5 carbs per serving

## **Diem's No-Bake Pumpkin Pie**

For crust:

- 1 cup sliced almonds
- 1 tsp. cinnamon
- 1 packet sweetener (optional, I didn't use it)
- 2 tablespoons butter.

Melt butter in pie plate. Mix the almonds, cinnamon and sweetener together with the melted butter. Press to cover pie plate.

Filling:

- 1 15oz can pumpkin
- 1 cup heavy whipping cream
- 1 box SF butterscotch Jello
- 2 T pumpkin pie spices or 1 tsp. each of nutmeg, cinnamon, allspice

Mix whipping cream and SF butterscotch Jello together. Mix pumpkin spice with canned pumpkin in another bowl. Fold the whipping cream mixture into the pumpkin mixture. pour the whole mixture into the pie plate. Chill for about 1 hr. Garnish with whip cream.

My almonds were 6g -3g for fiber. Whipping cream says no carbs but I don't believe it! SF butterscotch Jello says 6g per serving.... makes 4 servings. You'll have to do your own math depending on the type of whipping cream you use.

My hubby took it to work and they loved it. They were amazed lowcarb could have treats like these that tasted that good.

I suppose you could use two boxes of butterscotch pudding if you want it sweeter. I don't have a lot of Splenda, so I'm improvising.

## **Jennie's Ricotta Pumpkin Pie**

- 1 cup canned pumpkin (about 3/4 of a 15 oz can) 13 gms deducting fiber
- 2 eggs 1 gm
- 1 cup ricotta cheese 8 gms
- 1/3 cup Splenda 12 gms (??)
- 2 tsp. Pumpkin Pie Spice 2 gms (??)

OR:

- 1 tsp. cinnamon
- 1/2 tsp ginger
- 1/4 tsp. nutmeg
- 1/4 tsp. cloves

Mix together all ingredients in order given above. Pour into pie plate and bake for 30-40 minutes. Chill. Cut into 8 slices.

36 gms (approx) total. 4.5 gms per serving.

## **Cranberry Mold – from Debbie Cusick**

1 cup fresh cranberries, chopped (I use food processor)  
 1/2 cup slivered almonds  
 1/2 cup whole pecans  
 1/2 cup unsweetened coconut  
 1 tsp. cinnamon

1 package SF cranberry Jello  
 1 cup heavy cream  
 1 8-oz package cream cheese  
 1/2 cup boiling water  
 1/2 cup cold water

Mix Jello with boiling water until gelatin is melted. Add cold water and stir. Place bowl in fridge, or even freezer to cool to room temperature. Whip the heavy cream until peaks form. Add the cream cheese and beat until smooth. While beating slowly add in the cooled Jello. When this is smooth set mixer to low speed and add the cinnamon, coconut, almonds and pecans. When well blended turn into a pretty mold of some sort. Allow to chill and set for several hours. When ready to serve dip the mold in hot water for about 8-10 seconds then turn out on a serving plate.

Entire recipe has 49g carbs and 15g fiber and probably serves at least 6-10 depending on serving size taken, so to get carb count just divide by the number of servings.

## **Paskha (Russian Cheesecake) –from Yome**

6 cup Farmers Cheese; 3 Lbs. (You can also use Large-Curd Cottage Cheese)  
 6 Egg Yolks; Large  
 1 1/2 cup Confectioners' Sugar  
 1 1/2 cup Heavy Cream  
 1/2 cup Candied Fruits  
 1/2 cup Raisins; Seedless  
 1/2 cup Almonds; Toasted, Slivered  
 1/2 tsp. Lemon Rind; Grated  
 1/2 lb. Butter (not margarine)  
 3 tsp. Vanilla Extract

NOTE: THIS IS A SPECIAL CAKE REQUIRING A NEW LARGE FLOWER POT 7 X 7-INCHES AT A MINIMUM.

Press the cheese through a sieve. Combine the cheese with the egg yolks, beating in 1 yolk at a time. Add the sugar and blend well. Heat the cream in a large saucepan until it almost boils, then add the cheese mixture and cook over low heat, stirring constantly, until the mixture thickens. Remove from the heat before it begins to boil. Stir in the fruits, almonds, and lemon rind. Cool. Cream together the butter and the vanilla, then stir into the cooled cheese mixture. Line the flower pot with several layers of moistened cheesecloth, leaving enough cloth at the top to form a flap that will cover the pot. Fill the pot with the cheese mixture and cover with the flap. Put a weight on the top and place in the refrigerator for 2 to 3 days. The whey (liquid) will drip out the bottom of the pot, so be sure to place a pan under it. When drained, carefully unmold the cake with a knife. Remove the cheesecloth and smooth the sides with a hot knife.

Prepare the sauce. Beat together the egg yolks, sugar, Madeira, and lemon rind in the top of a double boiler. Cook and continue beating until the mixture thickens. Stir in the lemon juice and the rum, then chill briefly.

Pour the sauce over the cheesecake and serve. NOTE: This very unusual cheesecake is a traditional Russian Easter dish. In the old days, the custom was to decorate it with paper flowers or religious emblems and have the priest come by and bless it. Back then, it was made in a special pyramid-shaped form, but you can make it in an ordinary red clay flower pot.

Visually, the effect is quite striking, and the drainage hole allows the excess whey to escape. To make paskha, you will need a large flower pot and some cheesecloth. The paskha will keep in the refrigerator for several weeks, but be sure to make it at least three days in advance.

NOTE from Tanya - This will be great for Christmas. Will skip the raisins and go light on the fruit. Plan to use Splenda.

### ***Sauce:***

2 Egg Yolks; Large  
 1/4 c Madeira  
 1/2 tsp. Lemon Rind; Grated  
 3 tbsp. Confectioners' Sugar  
 1 tbsp. Lemon Juice  
 1 tbsp. Rum; Light

## Chapter 5 - Eggs and Cheese

### **Deluxe Deviled Eggs from Michael Hartsough**

6 hard-cooked eggs  
 1/2 cup sour cream  
 1/2 cup flaked canned salmon  
 1/8 teaspoon curry powder  
 2 teaspoons prepared mustard  
 2 teaspoons lemon juice  
 1-1/2 teaspoons Worcestershire sauce  
 Salt, pepper  
 Paprika

Shell eggs, then cut in halves lengthways and remove yolks. Mash yolks and mix with sour cream, salmon, curry powder, mustard, lemon juice, and Worcestershire and season to taste with salt and pepper. Pile mixture into whites and garnish with Paprika. Makes 12 halves.

### **AnneMarie's Cheese Taco Shells**

I simply grate enough cheese to cover the bottom of 5 inch (?) small non-stick frying pan, then I fried the cheese until it was nearly browned on one side, flipped it over (pour off grease as needed) and let it brown nearly as much as the first side. To make the taco shell shape I just used my spatula to bend it half over and laid the spatula in between the 'sides' of the 'shell'. To make sure it kept its shape I used a metal rack type thing (it used to be the top of a small inside grill but you could probably use a rack that cools cookies). I turned the cheese shell upside down (it helps it to drain also) and made sure the side were the distance apart I prefer for a shell. They were very flavourful and crunchy yet did not fall apart like normal, carbohydrate laden shells! They were great!

I used sharp cheddar—in a non stick, small frying pan (5 inch). It takes a while to get it done, first grate or slice your cheese. Let it melt (medium heat) completely and there will be very small bubble appearing on the top (like pancakes) - make sure you pour off grease as needed. When the one side is browned, carefully flip, let second side start to brown then bend with spatula and hold into position. I also let mine cool some upside down on a rack, helps to keep the shape! This does take some time so be patient this stuff is great! YUM!

Julie Germain also suggests cutting up those "cheese shells" and making some "cheese tostitos".

### **Quiche Lorraine – adapted by Tina MacDonald**

Serves six

1/2 pound of bacon, crisply fried and crumbled  
 1 cup shredded natural Swiss cheese  
 1/3 cup minced red onion  
 4 eggs  
 2 cups whipping cream  
 1/4 tsp. salt  
 1/4 tsp. equivalent of sweetener  
 1/8 tsp. cayenne pepper

Heat oven to 425. Sprinkle bacon, cheese and onion in the bottom of a 9-inch pie pan. Beat eggs lightly and beat in remaining ingredients. Pour cream mixture into pie pan. Bake in oven for 15 minutes. Reduce oven temperature to 300 degrees and bake 30 minutes or longer or until a knife inserted 1 inch from the edge comes out clean. Let stand 10 minutes before cutting. Serve in wedges.

This makes a soft-textured quiche. If a firmer texture is desired, cook an additional 10 minutes.

|                        |                            |
|------------------------|----------------------------|
| Total calories – 2,051 | Total carbohydrates – 25.7 |
| Per serving – 342      | Carbohydrates – 4.3        |

## **Bacon and Leek Quiche**

Serves 8

1 bunch fresh spinach, well rinsed and trimmed  
Salt and freshly ground pepper  
1 teaspoon canola oil  
2 pounds leeks, quartered, washed, and finely chopped  
2 ounces Canadian bacon, trimmed of fat and finely minced  
1 egg, lightly beaten  
1/2 cup skim milk (use heavy cream)  
1 teaspoon Dijon mustard  
2 ounces low-fat goat cheese  
1/3 cup Parmesan shards  
2 teaspoons unsalted butter

Preheat the oven to 375 degrees F. Lightly spray or wipe a 9-inch pie plate with vegetable oil. Place the spinach leaves in a vegetable steamer over low heat and steam until just wilted, about 1 minute. Line the pie plate with the spinach leaves. Season with salt and freshly ground pepper to taste. Heat the oil in a saucepan. Add the leek, cover, and sweat for 5 minutes. Whisk the Canadian bacon, egg, skim milk, mustard, and goat cheese, and add the leek.

Pour the mixture carefully over the spinach, top with the Parmesan, and dot with the butter. Bake for 45 minutes, or until set. Serve warm.

## **Quiche with Flaked Ham and Swiss Cheese**

4 large eggs  
4 oz. cream cheese, softened  
1 1/4 cups half and half cream (use heavy cream instead)  
1/2 tsp. salt  
1/4 tsp. black pepper  
1/8 tsp. cayenne pepper (optional)  
1 1/4 tsp. garlic powder  
4 oz. grated Swiss cheese  
13 oz. canned flaked ham (2 cans)  
1 medium sweet red pepper, sliced in about 1/4" strips

Preheat oven to 350 F. In a medium size mixing bowl, add eggs, cream cheese, half and half, salt, black pepper, cayenne pepper, garlic powder and mix well. Adjust seasonings to taste at this point. Layer grated Swiss cheese, flaked ham and half of the sliced red pepper strips in bottom of pie dish. Pour the egg mixture on top. Top the remaining sliced red pepper strips around the pie, placing strips from the centre to outside like spokes in a wheel). Bake in preheated 350 F oven for 50 to 55 minutes. Test for doneness by sticking a wood tester or toothpick into centre, if done, should come out dry. Let stand for 15 minutes before cutting and serving. Serves 6

### **Elegant Seafood Quiche**

6 servings

1 1/2 cups shredded Swiss cheese  
8 oz crab flakes (use real crab)  
1/2 cup green onion slices  
1/2 teaspoon salt  
Dash of pepper  
4 eggs  
1 1/4 cups heavy cream

Preheat oven to 350 degrees F. Sprinkle cheese, crab, onion, and seasonings in pie plate. Beat together eggs and half and half. Pour over cheese mixture. Bake 55 to 60 min or until set. Can substitute sharp cheddar for Swiss cheese.

### **Scotch Eggs – from Debbie Padilla**

Makes 6

12 ounces pork breakfast sausage, ground  
2 large eggs  
1/2 teaspoon coarse salt  
1/4 teaspoon freshly ground pepper  
6 hard-boiled eggs, peeled  
3 tablespoons (she used flour, we can try gluten or soy flour)  
1 tablespoon chopped flat-leaf parsley  
1 teaspoon chopped fresh sage  
1/4 teaspoon freshly grated nutmeg  
1 cup ground pork rinds or gluten. If you use a lot of pork rinds, go easy on the salt in the rest of the dish or maybe we could try wheat germ?)

1. Heat oven to 400 degrees. In a medium bowl, combine sausage, one uncooked egg, salt, and pepper. Form into six patties of equal size. Mold each patty around one hard-boiled egg.
2. Place gluten or soy flour in a bowl, and set aside. Lightly whisk remaining uncooked egg in a second bowl, and set aside. In a third bowl, combine parsley, sage, nutmeg, gluten and pork rind crumbs.
3. Roll each sausage-covered egg in the gluten or soy flour, coating it, and shake off any excess. Dip the coated egg in the bowl with the whisked egg, coating it, then roll in the herb- crumb mixture to cover completely.
4. Place eggs on the baking sheet. Bake until dark golden brown, 30 to 35 minutes, rotating the eggs several times for an even golden brown colour.

### **Kevin's Breakfast Omelette**

3 eggs  
Approximately 5 Tbsp. cream cheese  
1/4 to 1/2 packet equal (or whatever you like)  
1 tsp. cinnamon  
Pinch of allspice.

Mix the cream cheese, equal and spices. You may want to soften the cream cheese by taking it out of the fridge ahead of time, or perhaps using the microwave. Mix the eggs and pour in to a pan with melted butter. As the eggs firm up, put in the cream cheese mixture and fold the eggs over them. Voila!

**Penny's Quick & Easy Microwave Egg Salad** Spray a glass 2 cup measuring cup with cooking spray. 1-2 eggs into the cup, make X in yolks. (keeps them from exploding) Cook 1 minute per egg on Medium. Then mash the egg with a fork, add salt, pepper, mayonnaise, mustard and a small amt. of pickle relish. VERY Quick and tasty!

### **Mac-fu and Cheese**

2 eggs  
2 oz. firm tofu cut into macaroni size pieces  
2 oz cheddar cheese  
Salt to taste

Scramble the eggs and cook over medium heat. When almost firm add the tofu and cheese and finish cooking until the cheese melts. Velveeta makes it taste almost like Kraft out of the box.

### **Baked Zucchini Frittatas**

Serving Size : 2

1 cup zucchini, sliced  
1/4 cup onion, chopped  
1/2 red bell pepper, cut into thin strips  
1 clove garlic, minced  
1 tablespoon butter  
3 egg whites  
3 tablespoons cream  
1/4 teaspoon salt  
1/4 teaspoon Italian seasoning  
2 ounces Monterey jack cheese (1/2 cup)  
1/4 cup Parmesan cheese

Heat oven to 400 degrees. Grease two 10-oz. custard cups or individual baking dishes. In 8-inch skillet over medium low heat, saute zucchini, onion, red pepper and garlic in margarine until tender; let cool slightly. In medium bowl, beat eggs, half-and-half and seasonings until combined. Stir in zucchini mixture. Pour into prepared custard cups or baking dishes. Sprinkle with cheeses.

Bake, uncovered, at 400 degrees for 14 to 17 minutes or until top is puffy and light golden brown. Let stand 5 minutes before serving. Serves 2.

Per serving: 226 Calories; 12g Fat (46% calories from fat); 19g Protein; 12g Carbohydrate; 38mg Cholesterol; 693mg Sodium



## **Zucchini Frittata**

Serving Size: 3

1 tablespoon olive oil  
1 medium onion, chopped  
2 cloves garlic, pressed or minced  
2 medium zucchini, about 3 cups sliced  
1/2 teaspoon salt or to taste  
Freshly ground pepper — to taste  
4 large eggs  
2 tablespoons fresh basil, finely chopped  
2 tablespoons flat-leaf Italian parsley, minced  
2 tablespoons Parmesan cheese

Heat 1/2 Tbsp. oil in a 10-inch, heavy-bottomed, oven-proof skillet. Add onion and sauté until tender and translucent. Stir in garlic and zucchini and continue sautéing until squash is just tender. Season with salt and pepper and remove from heat. In a mixing bowl, whisk together eggs, basil and parsley. Stir in sautéed vegetables. Add remaining 1/2 tablespoon oil to same skillet over medium heat, tilting pan to coat bottom and sides. Add egg-vegetable mixture, spreading evenly. Reduce heat to low and cover pan. Cook 10 to 15 minutes, until set. Preheat broiler. Sprinkle grated cheese on top of frittata if desired and broil briefly until lightly browned. Cut into 3 wedges. Serve immediately from the pan or transfer to a large round plate or platter.

## **Spinach Cheese Pie (from Fran McCullough's Low Carb Cookbook)**

2 (10 oz) packages frozen whole-leaf spinach, defrosted (I use chopped spinach)  
2 TB butter  
1 bunch scallions, including the firm green, chopped (about 3/4 c)  
1/2 medium onion, chopped  
6 eggs, beaten well  
1 (15 oz) container whole-milk ricotta  
1/2 pound feta cheese, crumbled  
1 TB chopped dill  
1/4 c chopped parsley  
pinch of grated nutmeg  
Salt and pepper to taste  
Olive oil for the pan

Preheat the oven to 350F. Let the spinach drain in a colander in the sink. The easiest way to get all the excess moisture out of it is to line your hand with a double thickness of paper towels and squeeze handfuls of spinach dry. Then chop it and set aside.

Melt the butter in a large skillet; when it's foaming, add the scallions and chopped onion. Cook them over medium heat until they're soft, then add the spinach and a sprinkle of salt and pepper, and cook for 3 minutes, stirring from time to time.

Beat the eggs in a large mixing bowl and whisk in the ricotta. Stir in the remaining ingredients, then oil a 13x9-inch baking dish well, including the sides. Mix the spinach with the egg-cheese mixture, taste for seasoning, and pour into the pan.

Bake the pie for 30 to 40 minutes, until the moisture disappears and the top has dappled golden spots. Remove from the oven and let sit for 5 minutes before serving.

Serves 8, 9g protein, 16.9 g fat, 5 g carb per serving (according to the book).

### **Pepperoni Eggs**

Brown some pepperoni coins (I use the Hormel bag of already sliced pepperoni) in a skillet. You don't need any grease, just toss them in the skillet and brown..keep an eye on them as they cook quickly.

If there is too much grease, remove some from the skillet and then add eggs mixed up for scrambling. Scramble as usual. Serve.

### **Chicken Egg Foo Young**

8 eggs  
1 cup shredded string beans  
1 cup shredded celery  
1 1/2 cups shredded cooked chicken  
1 cup sliced mushrooms, canned or fresh  
1 cup shredded onions  
Salt and pepper to taste

Place all ingredients in a mixing bowl, mix thoroughly and divide into 8 portions. Grease well a hot skillet, fry both sides until golden brown.

Serves 4.

The following egg foo young dishes can be made by substituting for the chicken in the above basic recipe the following:

Chinese Roast Pork Egg Foo Young Use 1 1/2 cups Chinese Roast Pork.

Lobster Egg Foo Young Use 1 1/2 cups sliced, cold, boiled lobster.

Shrimp Egg Foo Young Use 1 1/2 cups sliced, cooked or cold, boiled shrimps.

### **Marcy's Chicken Subgum Egg Foo Young**

1 1/2 cups diced cooked chicken  
8 eggs  
1 cup diced onion  
1 cup diced celery  
1/2 cup diced Chinese water chestnuts optional  
1/2 cup diced cooked green pepper  
1/2 cup diced string beans  
1/2 cup diced bamboo shoots optional  
1 cup diced mushrooms  
Salt and pepper to taste

Place all ingredients in mixing bowl, mix thoroughly, divide into 8 portions. Fry in hot well greased skillet until both sides are golden brown. Serves 4.

The following Egg Foo Young dishes can be made by substituting for the chicken in the above recipe:

Shrimp Subgum Egg Foo Young

Lobster Subgum Egg Foo Young

NOTE: Use cold, boiled shrimps or lobster

### **Marcy's Pepperoni Frittata**

Makes 6 servings

1/4 lb. pepperoni slices  
4 oz. mozzarella cheese, shredded  
6 eggs  
1/2 C Parmesan cheese, grated  
2 tsp. butter  
1 med. onion, sliced  
1/2 C mushrooms, sliced  
1 med. green pepper  
1 C broccoli, chopped

Place butter in frying pan. Add onion, mushrooms, pepperoni, green peppers and broccoli. Saute' for 3 to 4 minutes until onion is almost done. Beat eggs with Parmesan cheese. Pour over vegetables in frying pan. Do not cover. Let cook until eggs are just about cooked, then sprinkle with Mozzarella cheese. Cook until cheese melts and serve.

Per serving: 276.7 calories; 20.6 fat (67.2 calories from fat); 17.1 protein; 5.6 carbohydrate

226 cholesterol 660 sodium

### **Green Eggs & Ham – by Dave Brichler**

I tried this one night for something different to do with eggs. I had a few slices of ham and 2 or 3 leftover fresh broccoli stalks.

- Cube the broccoli & ham, sauté in a pan with butter &/or olive oil (add chopped onion if you like).
- Prepare your usual old scrambled eggs, adding the sautéed broccoli & ham before the eggs set. Stir over medium heat till eggs are done to your desired consistency, serve, and garnish with shredded cheese.

If you scramble in the same sauté pan, there's an effect the broccoli'd oil has on the eggs though: It turns them green. If you can stomach that, they're actually quite tasty. You can eat them on a boat. You can eat them with a goat. You will like them, Sam I Am. Yes, you will like Green Eggs & Ham.

### **Desiree's Sausage & Egg Casserole**

2 lb. Sausage, browned and drained  
6 eggs  
2 cups of grated cheese  
1 cup soy flour  
1/4 cup chopped onion  
1 few good dashes of hot sauce

Mix all ingredients and press into a 9"x13" pan. Bake at 350° until lightly brown. Cut into squares to serve. Can be made the night before and warmed in the oven.

Variation on a theme: leave out the soy flour and substitute slices of green chile rellenos peppers. Layer the cheese, sausage, and peppers like lasagna if you let it cool, it is less liquid.

### **Desiree's Cheese Pancakes**

50 gm (~2 oz) Mascarpone cheese  
50 gm (~2 oz) Ricotta cheese  
1 egg  
1 tbs. soy powder  
1/2 tbs. vital wheat gluten  
1 tsp. Splenda  
vanilla extract  
salt

Mix everything together and fry in a buttered frying pan. Makes one serving. 4.6 g carb, 447 calories, 39 g fat, 19 g protein. (But probably different for you, with other brands of cheese, soy powder, and wheat gluten, so do your own math).

You can try substituting cream cheese for the mascarpone (I don't like cream cheese, myself). Maybe even cottage cheese for the ricotta (in which case, don't add any salt...).

### **Desiree's Eggs Florentine**

1 lb. creamed cottage cheese  
1 pkg. frozen, chopped spinach  
1/4 lb. butter or margarine  
6 large eggs  
1/2 lb. grated Swiss cheese  
1/2 lb. Feta cheese  
Nutmeg  
Dash hot pepper sauce

Beat eggs. Add cheeses and butter and mix well. Cook and drain spinach well. Add to egg/cheese mixture. Add nutmeg and hot pepper sauce. Pour into greased 3 quart baking dish and bake @ 350 degrees for 40 minutes. Cut into squares.

### **Desiree's Crustless Breakfast Quiche**

1 teaspoon Butter  
1 1/2 cups Heavy cream  
1 cup Cheddar cheese — grated  
2 teaspoons dried basil  
2 teaspoons onion — chopped  
3/4 teaspoon paprika  
1/4 teaspoon garlic powder  
4 each eggs  
Salt and pepper

Preheat oven to 325. Butter (or spray with Pam) bottom and sides of a 9-inch pie pan. Add cream to a medium saucepan and heat until scalded. Reduce heat and stir in grated cheese. When cheese is melted, add basil, onion, paprika, and garlic powder. Remove from heat and cool for 5 minutes. Then add one egg at a time and mix in thoroughly until all eggs are used. Salt and pepper to taste, and mix well.

Pour mixture into pie pan, place in oven, and bake until custard is set (45-50 minutes). Serve hot or cold.

### **Desiree's Scotch Eggs**

Makes 6

12 ounces pork breakfast sausage, ground  
2 large eggs  
1/2 teaspoon coarse salt  
1/4 teaspoon freshly ground pepper  
6 hard-boiled eggs, peeled  
3 tablespoons (she used flour, we can try gluten or soy flour)  
1 tablespoon chopped flat-leaf parsley  
1 teaspoon chopped fresh sage  
1/4 teaspoon freshly grated nutmeg  
1 cup (she used flour, we can try a mixture of ground pork rinds with soy flour or gluten, if you use a lot of pork rinds, go easy on the salt in the rest of the dish or maybe we could try wheat germ?)

1. Heat oven to 400 degrees. In a medium bowl, combine sausage, one uncooked egg, salt, and pepper. Form into six patties of equal size. Mold each patty around one hard-boiled egg.
2. Place gluten or soy flour in a bowl, and set aside. Lightly whisk remaining uncooked egg in a second bowl, and set aside. In a third bowl, combine parsley, sage, nutmeg, gluten and pork rind crumbs.
3. Roll each sausage-covered egg in the gluten or soy flour, coating it, and shake off any excess. Dip the coated egg in the bowl with the whisked egg, coating it, then roll in the herb- crumb mixture to cover completely.
4. Place eggs on the baking sheet. Bake until dark golden brown, 30 to 35 minutes, rotating the eggs several times for an even golden brown color.

### **Desiree's Sausage "Muffins"**

1/2 lb. bulk sausage (I like the hot)  
1/2 c onion, chopped  
1/2 tsp. salt  
1/4 tsp. garlic powder  
12 eggs  
1/4 c green pepper, chopped  
1/4 tsp. pepper  
1/2 c shredded cheddar cheese

In a skillet brown the sausage and drain well. In a bowl, beat the eggs. Add onion, green pepper, salt, pepper, and garlic powder. Stir in the sausage and cheese. Spoon by 1/3 cupfuls into greased muffin cups. Bake at 350 degrees for 20-25 minutes, or until a knife inserted near centre comes out clean.

Protein 19.5 g   Carbs 3.3g

2 muffins per serving

## **Variations on Egg Foo Yung – by Patti Shock**

First, I prepare the basics:

- I microwave about a cup of sprouts for 2 minutes to soften them up a bit. - I beat up 3 eggs in a bowl with about a Tablespoon of heavy cream
- I soak about 2 tablespoons of chopped dried onions in hot water to soften them. - I cut up around 3 cloves of fresh garlic.
- I put about 2T of olive oil in a small frying pan and brown off the garlic - then I add the sprouts and onions and stir. - then I add the eggs.

Now, sometimes I stir like scrambled eggs, and sometimes I let it sit and cook it more like an omelette.

Other things you can add, depending on your mood include mushrooms, strips of roast pork, chicken, some hamburger or seafood. (When I use hamburger I brown it off after the garlic and before I add the sprouts, then at the end after the eggs are cooked, I add cheese too) For chicken, I usually use leftover store-bought rotisserie chicken. Tasty and filling.

## **Breakfast in a Cup**

4 eggs  
4 slices of bacon  
1/2 lb. loose sausage  
grated cheddar cheese (optional)

Preheat oven to 350 degrees. Spray a muffin tin with non-stick spray. Line bottom of four muffin cups with loose sausage so that it covers the bottom of each one and pat down. Wrap bacon around inside “wall” of each cup. Crack an egg in each one.

Bake approximately 20 minutes until you see bacon is done. Sprinkle cheese on top of each one and bake until cheese is melted.

## **Spinach Quiche – from AnnieOops**

Blend or beat 4 eggs and 1/2 cup cream. Cook spinach (10 oz package of frozen works fine)...drain. I sometimes just defrost the spinach and toss it into the blender with the eggs and cream. Fry a tbsp. or so of chopped onion in a bit of butter (or more, but count the carbs). Grate cheese (I like Gruyere with spinach).

Combine all the above with the beaten eggs and cream and pour into pie plate. Top with additional grated cheese and bake about 45 min at 350. Bacon or other meats are great with this. Broccoli works well. If you want a bigger/higher quiche, use more eggs. Season with spices you like.

### **Janine's Spinach Pie**

Blend together

3 or 4 eggs

3 ounces softened cream cheese

1/2 tsp salt

Add and mix well

1 cup grated cheddar cheese

1 10 ounce package frozen chopped spinach, thawed, well drained

1/4 cup chopped scallion (green onion)

2 Tbsp. dried or 4 Tbsp. fresh chopped parsley

Pour into buttered casserole (or unbaked pie shell). Top with

Thin slices of fresh tomato and

1/4 cup grated Parmesan cheese

Bake at 450° for about 35 minutes.

### **Yoghurt and Cheese - Home-made Yoghurt from Caday357**

1 quart milk

1 cup heavy cream

1 tablespoon plain yoghurt

Mix milk and cream and bring to a boil. Let cool down to about 70F, then stir in the yoghurt. Keep at 110 degrees for 8 hours.

One cup is 4grams of carbohydrate

### **Cherry Omelette – from Debbie Cusick**

3 eggs

1 tbsp. Splenda

1/4 tsp. cinnamon

1/4 tsp. vanilla

1/4 cup Lucky Leaf Cherry Pie Filling (this company makes this with Splenda

1-2 tsp. butter

Add 2 tsp. Splenda to pie filling. Whisk together the remaining Splenda, cinnamon, vanilla and eggs. Melt butter in omelette pan and cook omelette as you usually would. When eggs are well set add the pie filling on one side of the omelette, and flip over the other side to cover the filling. Then flip the omelette out onto a plate. Top it with a little sour cream for a blintz-like effect.

Approximately 10g carbs and 1g fibre without the sour cream.

### **Cheese Quickie Pizza – found by Marcy**

Take 2 slices cheese, pepperoni/mushrooms (whatever you like). Put the pepperoni on top of the cheese, squeeze some sauce on (I use Contadina Pizza Squeeze. It has 4 g carbs per 1/4 cup), put the other slice on top and microwave until almost crisp. Let set a few minutes and eat. I found 1:30 min. was perfect, but microwaves vary. Use a microsafe dish and I squirt it with Pam, as it has a tendency to stick.

## **Fake French Toast by Cheryl Wilson**

(posted by Desiree)

- 1 egg
- 2 tablespoons Ricotta cheese (or cream cheese or cottage cheese)
- 1 teaspoon vanilla extract
- Dash of cinnamon
- Dash of nutmeg
- 1 packet equal or 2 teaspoon Sugar Twin Brown Sugar

Heat frying pan with butter or Pam spray. Beat egg. Add Ricotta Cheese, vanilla, cinnamon, nutmeg and sugar. Blend well.

Pour into pan and cook. Flip 1x to brown on other side. Note from Desiree: May be hard to flip - you can cook on 1 side, just make sure it's cooked.

I've only tried it with Ricotta cheese and so far so good. I've had it 3 days in a row and as a quick snack. Needless to say it's GREAT!!!

Toppings:

- Sour Cream with 1-2 teaspoon of sweetener
- Cream Cheese with 1 pack sweetener of your choice, dash cocoa power, cinnamon (or not). Heat cream cheese till melted. Add sweetener and cocoa powered. Mix spread on top.
- Log Cabin Splenda sweetened syrup.

## **Danielle's Easy Devilled Eggs**

Put desired amount of eggs in a pot cover with water and a dash of salt. Bring to a boil. Once at a full boil leave on the burner, cover but turn off the heat. Let the pot sit there covered for 20-25 minutes. Then, bring the pot to the sink. Drain off the hot water and run some cold water over them. Then put eggs only in a bowl and in the fridge for a good hour so they can cool.

Peel the eggshells off under cold running water. Once peeled slice the eggs gently lengthways and pop out the yellow centres gently. You want to try and not damage the white part because it needs to hold the yellow devilled filling. Break the yokes with a fork so it is crumbled in tiny pieces. Basically, smash 'em. Add a couple of teaspoons of mustard and a tablespoon or two of mayonnaise. Just add a little of each at a time tasting from time to time because the key is to get it just the way you like it. I don't have exact measurements. Then fill the eggs with a dollop for filling each and sprinkle with paprika if desired.

Voila, Devilled eggs!

Options:

- Another great treat is to follow the devilled egg recipe and add a little salmon. Ah... pink devilled eggs! They are wonderful... – from Anna
- Or add a little curry powder for spicy devilled eggs – from Tina
- I mix in white tunafish and dill pickles for my Hubby. – from DS
- I mix in some chopped green olives, gives it some zip. – from Kim
- My secret is a nice splash of white vinegar. Makes em' just right ... – from Joel
- I mush up the yolk with salt, pepper, a dash of Tabasco and mayonnaise. Sprinkle paprika on top. – from Tanya
- You can also add bacon, or pickles, or peppers, for extra zip... – from Ricci
- My favourite is one of K in Cali's: chop and mix the yolks with Hidden Valley bacon ranch dressing -- best I've tasted! – from Jo



## **Cheese Crisps**

- Spray a cookie sheet with cooking spray, place thick slices (about 1/8" thick and I cut that into fours so they aren't so big to handle) of sharp cheddar cheese on it. Sprinkle with seasoned salt, bake @ 350 for about 20 minutes. YUU-UMMMYYYYY!!!! – from Jennifer
- First, make sure you have parchment paper, freezer paper or a glass dish or plate of some kind. I use Kraft singles, 2 carbs each. Regular cheese doesn't work the same. Get a piece of cheese and cut it into 4 equal strips. Stack the strips and cut 4 times again across the strips to get 16 squares. Place them on the paper or glass dish about an inch apart and stick them in the microwave. Nuke and keep an eye on them as microwaves vary. When they get puffy and a bit freckly, they are done. They can burn very easily, so watch them, lol. Peel them off and you have cheesy poofs! They will be crispy and taste (to me) like Cheez Nips. – from Desiree

## **Avocado Angel Eggs – from Marcy**

### Ingredients:

- 1 dozen eggs
- 2 ripe California avocados, medium
- 1 teaspoon capers
- 2 tablespoons shallots, minced
- 1 tablespoon lemon juice
- 1/2 teaspoon paprika
- 6 black Nicoise olives, diced

### Preparation:

Boil the eggs for three minutes. Peel and slice each egg in half lengthways. Remove egg yolks and place the egg white halves on a serving platter. Puree avocados and fold in minced shallots, mashed capers and lemon. Pipe mixture from a pastry pipette bag or spoon mixture into the egg whites. Garnish with a sprinkle of paprika and diced olives.

And the extra yolks? I make devilled eggs (g). I never have enough yolk to suit me when I make devilled eggs. So, I do half and half. I boil about 18 eggs, scoop the yolks out and fill some with one filling and the rest with devilled egg. Whatever is left over, I stuff celery. I cut the celery up into bite-size chunks and we use them for quick snacks.

In the past, when I made devilled eggs, I would always have to add too much mayonnaise to make up for the lack of yolks. Or, sometimes I'd just toss the extra whites to my dog.



### **Breakfast Casserole – from Cathy**

5 eggs beaten  
1 cup shredded cheddar cheese  
1 cup shredded Swiss cheese  
1/4 cup cream  
1 jalapeno, chopped  
3 or 4 Morningstar Farms Breakfast Patties (tastes like breakfast sausage)  
1-2 tsp. chopped garlic  
3 oz. cream cheese  
3 T. salsa

In a medium, microwave safe casserole dish, cook the garlic, chopped jalapeno (or any other spicy addition, like crushed red pepper) and frozen MF Breakfast Patties in the micro. until the patties are thawed. Cut the patties into small pieces, then add all the other ingredients. Microwave (covered) for 4 minutes, then stir well. Microwave for 6-8 minutes (turning every 2 minutes), then let stand for 5 minutes (continues to cook). Cut into wedges to serve.

### **Avocado Lunch Treat – from Cathy**

Take an avocado, split with pit removed, and fill each side with cottage cheese. This is kind of high in carbs, but if you can spare them, it's yummy. Dr. Atkins says it 13g for the Florida avocado, but 27 g. for the California avocado.

### **Cheese Ideas from Jennifer**

- **Cheese puffs** - take a slice of American cheese (the individually wrapped stuff) break it into quarters; microwave on a plate for about 1 minute. Pop off and enjoy.
- **Cheese nips** - Spray a cookie sheet with cooking spray, place thick slices of sharp cheddar cheese on it. Sprinkle them with seasoned salt and bake @ 350 for about 20 minutes.
- **Cheese “tortilla chips”** - Take a small frying pan, grate in some cheddar cheese. When it's all melted and tiny bubbles appear, flip it over and brown the other side...take out, let cool and break into pieces...dip away!

### **Great Mini-Quiches – from MB Hegel**

This weekend I bought a mini casserole dish (about 4” X 4”) and have been making great mini quiches!

Spray casserole with Pam.

Put in casserole:

1/2 can crab  
Handful grated swiss cheese  
Tablespoon chopped red onion

In a separate bowl beat 1 egg and about 2 Tablespoons of heavy cream. Pour over other ingredients, mix up a little, a little salt and pepper and bake for 20 minutes at 350 degrees (while you are in the shower). Delicious and quick!

You can substitute what ever you like - different cheeses bacon, sausage, ham, different spices

### **PeeWee's Crust-less Broccoli Quiche**

4 slices bacon  
1 C. half & half  
1 C. grated Swiss cheese  
1 C. Broccoli florets (I use less)  
1/4 t. salt  
1/8 t. lemon pepper  
1/8 t. garlic powder  
A little white pepper

Preheat to 350. Crisp bacon in microwave. In bowl beat eggs, add cheese and stir in broccoli, salt, garlic powder and lemon pepper. Stir in 1/2 of the bacon, pour into pie plate (ungreased and bake for about 30/35 minutes. Top with remaining bacon. Serve hot, cold or at room temperature. Bring it to work for lunch or a snack.

Of course you may add and omit different cheeses, spinach in lieu of bacon, etc.

By my count: 10.4 grams cream  
8.0 grams cheese  
4.0 grams eggs  
8.0 grams broccoli

Total: 30.4 grams or for 8 slices: about 4 grams per slice

Enjoy!

### **George's "Cheese Thing"**

Take a casserole dish and line with crushed pork rinds. I just half fill the dish with whole ones, and use a potato masher. There should be enough crumbs so that you cannot see the bottom of the dish. Now take cubes, slices or shredded cheeses of more than one kind- cheddar, Colby, Monterey jack, Muenster, mozzarella, provolone are all good but you don't have to use all- and loosely fill the dish with the cheeses. If you like, you can add broccoli, chopped onion and cauliflower, or ham, but if you like mushy veggies, pre-cook them. Then bake in the oven at 325 for half an hour, or until all of the cheese is melted to level and your house smells like cooked cheese. Let it cool a little (about 15 minutes) and serve.

### **Christine's Crepes**

2 eggs  
1T oil  
2 T. protein powder  
1 packet sweetener  
Heavy cream to desired consistency (usually just a couple of tablespoons).

Mix all together really well with an electric beater (you want it foamy). Drizzle very thinly into heated medium sized frying pan (nonstick works best, use spray or oil otherwise)

You can double and triple this recipe with no problem. This recipe makes 2-3 crepes depending on the size of the pan. We make them in big batches and then store them in the refrigerator so they're handy for sandwiches.

We have stuffed these with cream cheese sweetened with a little sweetener or with meats (pizza makings is great!) & cheeses. Put a couple of tablespoons of Alfredo Sauce on top for something really rich and special when you stuff them with meat.

### **Debbie Cusick's Brie Treat**

1 wheel of Brie cheese in a cardboard container (about 6 inches across)  
1/2 cup chopped walnuts  
1/4 cup brown Sugar Twin  
1/4 cup Splenda  
4 tbsp. butter (1/2 stick), sliced into 4 pats

Get a wheel of brie in a cardboard container and take it out of the container and sit the cardboard ring on top of the brie like a "hat" so it comes down just over the edge of the cheese but sticks up about 1/2 an inch or so.

Mix chopped walnuts with sweetener, fill the cardboard "hat" with it, then put the 4 generous pats of butter on top. Bake in oven at 350 for about 10-15 minutes until the butter all melts. Remove the "hat" and serve with Wasa or just slice with a knife and eat.

### **Scott's Scrambled Eggs**

5 eggs  
1 Tbsp. butter  
1/4 green pepper chopped  
1/4 red pepper chopped  
15 pieces pepperoni OR Hormel Cure 81 ham chopped  
Parmesan cheese  
Salt  
Pepper

Put pan on medium high heat. Put butter in centre of pan. Cut up peppers while heating butter. Sauté the peppers in the butter. When halfway to desired tenderness, add pepperoni or ham to pan. Beat eggs in a bowl. When pepperoni is browned, or ham is no longer wet, pour eggs in. Mix every 15 seconds or so. 1 minute before the eggs are done, sprinkle Parmesan cheese on eggs and mix them up. Season to taste and serve with Parmesan cheese on top.

It's important to sauté the veggies and meat first because the water in them will ruin the texture of the eggs. Add onions to the mixture if you like.

### **Rob's Mini-Pizza Crusts**

Here's what I did.

- Got a 6" microwave safe plate
- Covered the bottom of the plate with the shredded cheese
- Pop it in the microwave for about 3 mins on high (YMMV depending on your microwave) until it got kinda brown and crispy looking'
- Let the "pizza crust" cool off and firm up

I then topped it with a couple of tablespoons of Ragu pizza sauce (3g carbs per 1/4 cup), a little pepperoni, a little ham-burger (get crazy with your own toppings here), some oregano, a little garlic powder sprinkled on top, a little parmesan cheese sprinkled on top, a little more cheese on top...

Pop it back in the microwave for about 25 seconds to melt the cheese on top...

I could even pick up the mini-pizza and eat it with my hands. :). It was darned tasty, too!!!

## **Marcy's Boneless Pizza**

This is both easy and flexible (so if you like different stuff on your pizza than I do, you're good to go). The first thing you need is the proper equipment: a jelly roll pan and parchment paper. The jelly roll pan has short sides that keep stuff from running off, and the parchment paper fakes the toppings into thinking they are sitting on a crust so they meld properly. (When we were in college, we used to call pizza crust "pizza bones" and feed them to the cat - who loved them)

Here's what to do:

1. Preheat your oven to 450F.
2. Line your jelly roll pan with parchment, or better yet, line it with a double layer of parchment.
3. Spread sauce over the paper, not quite to the edges. (I make my own sauce, to keep the carbs down, but since you only need 1 or 2 Tbsp. of sauce, people not on induction could even use purchased pizza sauce.)
4. Grate a LOT of cheese and spread it over the sauce, completely covering the sauce. (If you leave any sauce uncovered on the edges, not only will the uncovered sauce burn, but so will the cheese next to it.)
5. Place your toppings over the cheese.
6. Place in the oven and bake for 7 minutes.
7. (This is important!) Let the cooked pizza sit on the counter for 5 or 10 minutes to firm up. At this point, it should have the exact taste and texture of pizza toppings pulled off the crust.

Obviously, the carb count here will depend on what cheeses, what sauce and what toppings you use.

## **Retromom's Crepes with Cheese Filling**

- 2 eggs
- 1 T Oil
- 2 T Protein Powder
- 1 Pkg sweetener
- 2 T heavy cream

Mix all and fry (I found that the protein powder clumped so I will premix it until it's smooth next time before adding to the rest). Recipe makes 2-4 crepes and can be doubled or more.

***Betty Crocker's Cheese filling: (mind you I still haven't tried this)***

- 1 cup dry cottage cheese (my grandmother used a paper towel to dry it, then eventually switched to using ricotta instead)
- 1/2 cup sour cream
- 1-2 T sugar (use sweetener instead)
- 1 t vanilla

\*Betty Crocker also adds 1/2 t grated lemon peel but I've never seen that in this stuff before so I'm leaving it out

Mix all, spread over crepe, and roll crepe.

## **Low Carb Finnish Pancakes – from Wendy Kopera**

5 eggs  
3/4 cup Splenda  
1 cup protein powder (probably could use a lot less)  
1 cup heavy cream  
1 cup water  
1 stick butter  
Dash salt

Combine eggs and Splenda, add protein powder, cream, salt and water (I mixed the powder with the liquid first to reduce clumping). Melt butter in 9x13 baking pan. Add butter to mixture then pour back into pan. Bake at 375 for 25-30 minutes.

The original recipe used an equal amount of sugar instead of Splenda, and used 2 cups of milk instead of the cream and water. The powder was flour, and I substituted 1 to 1. It seemed heavy on the powder to me. If anyone further modifies this and makes it even better please let me know, I'm not the most creative baker.

# Chapter 6 - Fish Main Dishes

## Ways to Cook Fish from Cyndi Norman

1. Last night I made halibut, which is similar to cod. It was rather boring when I made it a week ago in the same way I make fatty fish, so I changed my method.

Choose a baking pan slightly bigger than the fish. Put in olive oil (enough to lightly coat the bottom of the pan by turning it side to side) then add about the same amount of balsamic vinegar (this is carby but the amount that stays on the fish is minimal...try red wine vinegar if you don't have balsamic). Add sage and black pepper (or herbs of your choice). Mix around.

Take the defrosted fish fillets and coat them on all sides in the sauce. Put them in the pan in the middle of the sauce (careful not to overlap any pieces). I added some sun-dried tomatoes in oil to the top of the fish because I was in the mood for the flavor. If you're not on induction and your carb counts can handle it, they don't add all that much (keep it to about 4 silvers of tomato per serving).

Cover the pan with tin foil. Bake at 350 until the fish is almost done. Remove the foil and continue baking until done. The foil keeps the fish very moist which white fish needs to be to taste good. This was so good we each ate a pound of fish!

2. This works well on catfish. Put pecans in the food processor and make pecan meal. It doesn't have to be powder but it should be very fine. Wet the defrosted fish if needed and coat with the pecan meal. Fry fish on both sides in a pan with olive oil until done.
3. Did this the other night because our houseguest can't eat nuts (or salmon or most dark fleshed fishes). Dip the defrosted fish in beaten egg then coat lightly with soy protein powder (the plain stuff!!!). Fry on both sides until golden brown on the outside and done on the inside. Catfish has a flavour to it...for milder fish like cod you may want to add some seasoning to the soy protein powder before dipping the fish in it.

## Baked Fish a la Neapolitan from Master Cook

Serving Size: 6 Preparation Time :0:00

6 white fish fillets  
 2 tablespoons olive oil  
 1 onion, chopped  
 1 15 oz. can tomato sauce  
 2 cloves garlic, chopped  
 12 olives, pitted and chopped  
 1 tablespoon capers  
 1 tablespoon fresh parsley, chopped  
 2 ribs celery, finely chopped  
 Salt and pepper — to taste

Preheat oven to 375 degrees. Arrange fish in a single layer in an oiled, shallow, covered baking dish. Heat olive oil in a skillet and sauté onion until translucent. Add tomato sauce, garlic, salt and pepper. Cook, stirring occasionally for 5 minutes. Add olives, capers, parsley and celery. Continue cooking 2 minutes longer. Spoon sauce over fillets, cover and bake 25 minutes.



## **Bren's Greek Fish**

This is a nice quick-and-easy for any kind of firm white fish like cod, monkfish, halibut, etc. I have not included any specific amounts since the flavours here are very strong and you should adapt them to your preferences.

Fish fillets

Two cans of stewed tomatoes (seasoned or with other vegetables OK)

Fresh or jarred garlic to taste

Dried Oregano to taste

Crumbled feta cheese to taste

Spray a baking dish with vegetable spray; place fish fillets in one layer in dish (fold under any very thin sections to keep thickness uniform.) In a small bowl, slightly crush or mash tomatoes; add oregano and garlic to taste. Spread tomato mixture over fish. Top with crumbled feta cheese. bake in 350 oven for about 30 minutes; check for doneness by inserting a fork in the thickest part of the fish, pull fork back slightly and check to see that fish flakes easily and is opaque all the way through. This makes excellent hot or cold leftovers.

## **Bob's Grilled Fish for Two**

This recipe has won for me more than one cooking contest in Destin. It was given to me by a long-lines fisherman who had access to large fish while they were out fishing for several weeks at a time. The measurement for the ingredients is not exact since it can be prepared for two or twenty-two. You just have to decide how hungry you are at the time.

## **Swordfish or any other thick fish**

Dale's Steak Seasoning

McCormick Lemon-Pepper Seasoning

Grated Parmesan cheese

Prepare a charcoal or gas grill for cooking as you would normally do. Approximately 15 minutes before the coals or gas grill is ready, using swordfish or any other thick fish, marinate for 15 minutes in Dale's. Steak Seasoning the amount of fish you want to cook. Remove the fish from the marinade and pat semi-dry with a paper towel. (A thick fish must be used so that it will not dry out while being cooked on the grill.)

Place marinated fish on the uncovered grill and sprinkle with McCormick. Lemon-Pepper Seasoning. Cook approximately 10 minutes, turn over, cook an additional 5 to 6 minutes. Sprinkle grated Parmesan cheese over the fish, close the top and cook an additional 5 to 6 minutes while the cheese melts.

## **Crab and Salmon Cakes from Sarah Downey**

1 (6 oz.) skinless salmon fillet, cut into strips

1/2 cup heavy cream

1 tsp. salt

1/2 tsp. ground white pepper

1 lb. lump crabmeat, picked over for shells

1/4 cup finely diced, seeded tomato

2 tbsp. each snipped fresh chives and chopped parsley

1 tbsp. olive oil

In food processor, pulse salmon strips until finely chopped. With machine running, slowly add cream, salt and pepper; process until smooth. Transfer to medium bowl; stir in crabmeat, tomato, chives and parsley until well blended. Shape into 8 (3 inch round) cakes, about 3/4 inch thick.

In large non-stick skillet, heat oil over medium-high heat. Add 4 cakes; fry 2 1/2 minutes per side to brown. Drain on paper towel. Fry remaining cakes; drain. Makes 4 servings.

Per serving: 316 calories, 32 g protein, 2 g carbohydrates, 20 g fat, 0 fibre, 180 mg cholesterol, and 930 mg sodium.

### **Laurie's Crab Cakes –**

2 to 2-1/2 cups pork rind crumbs (made from 3 oz. bag)  
3 to 4 tbsp. water  
2 cups cooked or canned crab (approximately 1 lb.)  
1/3 cup minced onion  
1/3 cup minced celery  
1/3 cup minced green pepper  
1 egg, beaten  
3/4 cup mayonnaise  
1 tsp. mustard  
2 tsp. lemon juice  
1 tsp. Worcestershire sauce  
1/8 to 1/4 tsp. hot pepper sauce  
1 tbsp. Old Bay seasoning  
1 tbsp. minced parsley  
1/4 tsp. pepper

Put pork rind crumbs in a large bowl, and mix with enough water to soften them. Flake the crab, remove any cartilage, and combine with the pork rind crumbs. Add the rest of the ingredients and mix well. Shape into 8 to 10 patties (pack them pretty tightly so they don't fall apart). Heat 2 to 4 tbsp. vegetable oil in a skillet, and sauté on each side until golden brown. Alternately, you could broil them.

\*I omitted the salt from this recipe because the pork rinds I used (Bakenets) were already pretty salty. It originally called for 1 tsp. of salt.

Makes 8 servings

### **Luvmedo Oyster Stew**

1 8oz can Oysters in juice (*I use Pacific Pearl Cove brand, 2g carbohydrates per serving which they say is 1/4 cup*)  
3/4 cup Whipping cream plus juice from oysters and water to make 2 cups liquid (*it needs to look like the consistency of milk*)  
1/2 stick butter  
1/2 tsp. Worcestershire sauce (I like a bunch of it!)  
Pepper to taste (I prefer fresh ground)

In a pot over medium heat melt butter, add seasonings, add liquids and bring to a simmer. Lower heat and add oysters, do not boil oysters they will get rubbery and icky tasting when overcooked. It is ready to eat when the oysters are warmed through. I usually can't help but taste it to make sure the seasonings are right, I like it a bit spicy, and you can add salt if you desire. It could be 4 servings, but I eat half of that batch myself.

**Louise's Heavenly Fish**

2 pounds fish filets  
1/4 cup butter softened  
3 tablespoons mayonnaise  
1/2 cup Parmesan cheese  
3 tablespoons chopped green onion  
Salt, pepper to taste  
Dash of Tabasco sauce or more if you like  
2-3 tablespoons lemon juice.

Place fish filets in shallow baking dish. Squirt with lemon juice and let stand for 15 minutes. (I never do this part). Place fish under broiler for 5-7 minutes. While fish is broiling, mix together butter, mayonnaise, cheese, onion, and seasonings. Take fish out of oven. Spread mixture over fish and return to broiler for 2-3 minutes.

**Salmon Patties – from Jerry Wilson**

1 can of salmon  
3/4 cup of ground up pork rinds (hot & spicy are best)  
1 egg

Combine the ingredients in a bowl and mix thoroughly. Smash the salmon up really well. Roll into balls and squish into patties. Fry the patties in about 1/4 inch of oil in a frying pan for about 4 minutes per side over medium heat, or until toasty brown. Enjoy! It makes 4 large patties with nearly 0 carbs each.

**Garlic Parsley Prawns – from Doreen Randal**

425g raw prawns  
50g butter  
2 cloves garlic, crushed  
2 Tbsp. finely chopped parsley

Place the prawns in a single layer in a baking dish. Gently melt butter and add the garlic and parsley. Drizzle over the prawns. Bake at 190 cup for about 15 minutes. Alternatively, place prawns on a barbecue plate and dot with garlic-parsley butter. Cook 1-2 minutes each side over glowing coals until hot.

**Gingered Fish Parcels – from Doreen Randal**

4-8 small firm white fish fillets  
1/2 cup chopped shallots  
2 tsp. chopped fresh ginger  
Coriander leaves, to taste  
Cracked black pepper, to taste  
2 Tbsp. lemon juice

For each person, make a foil parcel containing 1-2 fish fillets. Top fillets with remaining ingredients. Wrap securely. Fan Grill at 160 cup for 10-15 minutes or until the fish flakes when tested with a fork.

### **Red Lobster Shrimp Scampi**

1 cup white wine  
1/2 cup unsalted butter (no margarine)  
3 tbsp. minced garlic  
1 lb. shelled shrimp

Bake at 350 for about 6 to 7 minutes. Be careful not to overcook the shrimp. The shrimp are done when they turn pink.

### **Chilean Seabass with Zucchini**

Good, tender and juicy whitefish. Serves 3 people. Don't go wild with the Serrano chile!

1 1/2 lb. Chilean Seabass fillets (or other firm whitefish fillets)  
3 cloves garlic, minced  
1 to 2 tbsp. cilantro, finely chopped (but I use lots more)  
2 tbsp. oil-packed sun-dried tomatoes, chopped and drained  
2 green onions, chopped  
1 lime  
a dash white wine  
2 to 3 small zucchini, sliced  
1 Serrano chile, minced (Hot — don't use too much!)  
Salt, pepper, paprika

Arrange Seabass fillets in a single layer on foil-lined broiler pan. Spread garlic, cilantro, sun-dried tomatoes, and green onions over them. Squeeze lime juice on 'em, sprinkle the wine, arrange the marrow around the fish, salt/pepper to taste, and add paprika for colour. Cover with foil and crimp the edges to form a seal. Bake at 450 degrees for 20 minutes.

### **Baked Alaska Salmon Fillet with Mustard Sauce**

6 Salmon Fillets about 7 oz. each  
1 1/2 oz. clarified butter  
1 1/2 oz. Vegetable Oil  
1 Lemon, thinly sliced

#### ***Mustard Sauce***

1/4 cup Shallots, minced  
1 oz. Butter  
6 oz Dry white wine  
1/2 cup Heavy cream  
3/4 tbsp. Stone ground mustard  
1/8 cup Chives, chopped  
1/8 cup Parsley, chopped  
Salt to taste

#### ***Garnish***

Miniature pear tomatoes  
Parsley sprigs

Arrange salmon fillets in baking pan, drizzle with combined butter and oil and tip with lemon slices. Bake in 400 degree oven 15 minutes or until flesh is no longer translucent.

To Prepare Mustard Sauce: Lightly sauté shallots in butter; add wine and reduce until nearly evaporated. Add cream; cook and stir until thickened. Add mustard, chives, and parsley. Season to taste with salt.

To Serve: Ladle serving of sauce on serving plate, arrange lemon topped salmon on sauce. Garnish with pear tomatoes and parsley sprigs. (recipe courtesy of Alaska Seafood Marketing Institute) Serves 6.

## **Grilled Salmon with Jalapeno Butter – from Petra Hildebrandt**

Serves 4

Jalapeno Butter:

3/4 inch fresh gingerroot

2 large cloves garlic

1 jalapeno, halved and seeded (more to taste)

1/4 cup loosely packed fresh cilantro leaves

1/2 cup butter, softened

Fish:

1 1/1 lb fresh salmon fillets or steaks, cut 1 inch thick

To prepare the butter: Combine gingerroot, garlic and jalapeno in a blender container or food processor bowl; cover and process till finely chopped. Add cilantro; cover and blend or process till combined. Stir into butter. On a piece of waxed paper or plastic wrap, shape butter into a 6-inch long log. Seal and chill till serving time. (The butter is good on grilled meat, too).

Sprinkle the salmon with salt & pepper. Place in a well-greased grill basket or on a well-greases grill rack directly over medium coals. Grill for 4 to 6 minutes for each 1/2 inch of thickness. (Or, broil on the unheated rack of a broiler pan 4 inches from the heat for 4 to 6 minutes for each 1/2 inch of thickness). If the fish is thicker than 1 inch, turn it halfway through cooking. Fish is done when it flakes easily when tested with a fork.

To serve, place a 3/4 inch thick slice of jalapeno butter atop each piece of fish. Seal remaining butter and freeze up to 3 months.

## **Laurie's Salmon with Lemon Parsley Sauce**

8 (4-oz.) salmon filets

1/3 cup mayonnaise

2 tbsp onion, diced

1 tbsp fresh parsley, chopped

2 tsp lemon juice

Place salmon in a buttered or oiled 9" x 13" baking dish. Combine remaining ingredients until smooth. Spread evenly over each salmon filet. Bake at 425° for 15 minutes.

## **Baked Fish With Lemon & Black Pepper**

1 pound Fish Fillets — your choice

1/2 teaspoon Salt

1/8 teaspoon Turmeric

1/2 teaspoon Cumin Powder

1/2 teaspoon Fresh Ground Black Pepper

1 clove Garlic - minced

1 teaspoon Vegetable Oil

1 1/2 teaspoons Lemon Juice — fresh squeezed

Place fish fillets into a medium sized bowl and sprinkle with salt, turmeric, cumin, black pepper and garlic, tossing to coat well. Cover and marinate for 50 - 60 minutes in the refrigerator. Preheat oven to 400 degrees F. Coat the bottom of an 8 x 8 inch baking dish with the vegetable oil. Place the fish in a single layer inside the baking dish, and pour the marinade on top. Bake uncovered for 20-25 minutes. The fish should be firm to the touch. Fish is done when it easily flakes with a fork. Sprinkle with lemon juice 5 minutes before serving.

Per serving: calories 106, fat 2.0g, 17% calories from fat, cholesterol 49mg, protein 20.3g, carbohydrates 0.7g, fiber 0.1g, sodium 328mg.

### **Fluffy Orange Roughy**

4 Fresh Orange Roughy Filets 1/2 cup shredded parmesan cheese  
3/4 cup Mayonnaise 4 finely chopped green onions  
1/4 cup lemon juice

Wash the filets gently under cool water, lay them down on a couple of paper towels and pat them dry with another paper towel. Spray a baking dish large enough to hold them all with Mazola cooking spray. Place the filets in the baking dish and spray the tops of the fish with the Mazola cooking spray. Place under a medium broiler for about 5 minutes. While they are cooking, mix the mayonnaise, lemon juice and parmesan cheese in a small bowl. Remove the filets from the oven and spread them with the mayonnaise mixture. Sprinkle the chopped onions on top. Turn the oven from broil to bake at 350 and put the fish back in the oven for about 10 minutes. They are done when they turn opaque and are tender. Great with spinach.

### **Salmon Mousse with Cucumber Sauce**

450g/1 pound salmon fillet  
55g/2 ounces blue cheese  
115g/4 ounces cream cheese  
120ml/4 fluid ounces sour cream  
2 gherkins, finely chopped  
1 sachet gelatine  
1 stick celery, chopped  
1 medium onion, finely chopped  
Salt  
300ml/10 fluid ounces cream, whipped  
1 tablespoon chopped dill  
Juice of 1/2 a lemon

#### ***Sauce:***

1 cucumber  
1 tablespoon chopped chives  
1/2 teaspoon sugar  
1 tablespoon white vinegar  
150ml/5 fluid ounces sour cream

Skin, bone and flake the salmon and put in a large mixing bowl. Mix the cheeses and the sour cream together then combine with the salmon and add the gherkins. Dissolve the gelatine following the packet instructions and blend into the salmon mixture. Add the remaining ingredients and mix well. Pour into wetted molds and refrigerate for at least 2 hours, or until set.

To make sauce, peel and de-seed the cucumber and chop finely. Mix with all ingredients except the cream and leave for 30 minutes then strain off the liquid and mix with the cream. Unmold the mousse and serve with the sauce.

## **Things to do with Tuna**

- As to tuna salad: try added a few walnuts and some chopped red onion (a few carbohydrates there, but not many) with your usual gobs of mayonnaise, and/or some chopped celery.
- I also like tuna salad with mayonnaise, chopped red onion and chopped fresh cilantro (use lots of it! the dry stuff just doesn't compare). Another great spice to try is dill weed (fresh or dry) in with the mayonnaise, onion and celery (this is my usual combo now, I never get sick of it, and you can use the dill on any fish to great effect).
- You can mix a can of tuna with some crushed pork rinds and a beaten egg, form into patties and gently fry them up in some olive oil for a dinner main course. Add spices (as above), or use grated Parmesan or Romano cheese instead of or in addition to the pork rinds.
- How about a tuna melt? Top a couple of Wasa fiber rye crackers with some tuna (salad or just plain with mayonnaise to hold it together) and then place some thinly sliced cheddar cheese on top - put it under the broiler until the cheese is melted, and enjoy! A few sprigs of fresh cilantro really spice this one up.
- How about tuna and some freshly made salsa (not too much – tomatoes plus onions do have a few carbohydrates) on the side - or make the tuna patties as above quite plain and top with salsa and a little sour cream for a treat.
- I frequently make my tuna salad with some crumbled feta and season it with Cavender's Greek seasoning.
- I do tuna casserole with cauliflower and rather cheesy cheese sauce. It might be too carby for Atkins induction. Oh yeah, partially cook the cauliflower before assembling the casserole, and drain it thoroughly.

## **Desiree's Salmon Muffins**

1 can salmon, drained and shredded (I also pick out most bones and skin)  
 2 eggs  
 1/2 cup chopped green pepper  
 1/2 cup chopped red pepper  
 2 or 3 green onions, finely chopped  
 1/2 cup shredded cheddar

Mix everything together. This is salty enough for us; you might want to add more. Pam-spray a muffin tin and plop a muffin's worth of salmon into each cup. This makes about six bigger muffins. Bake at 325 until egg sets—about 20 or 25 mins. They aren't greasy when made like this and can be eaten hot or cold. I like them with extra mayo.

## **Caputo's Halibut with Mint and Balsamic Vinegar**

This recipe is so quick and easy you can prepare it in minutes.

4 halibut steaks, 1/2 inch thick, approx. 2 lbs.  
 1/4 cup extra virgin olive oil, preferable very strong.  
 1/4 cup balsamic vinegar  
 8 mint leaves, sliced thin  
 1 clove garlic, minced fine  
 Salt and pepper to taste

Brush both sides of the fish with some of the olive oil and place on hot grill, barbecue or hot skillet. Cook 2 to 3 in on each side or until fish is done.

In another pan heat the remaining oil, the balsamic vinegar and the mint until just warm. Just before serving add the garlic to the sauce and spoon the sauce over the fish, serve at once.

**Barbecued Catch of the Day**

2 lbs. Fresh White Fish  
6 lemons or limes  
1 large onion, sliced  
2 medium green peppers, sliced  
3 scallions, trimmed, but whole  
1/2 lb. fresh scallops or fresh small shrimp  
1/4 cup white wine  
1/4 cup Pickapeppa Sauce

Squeeze lemon juice over fish and refrigerate for a few hours. Remove and drain well. Place fish and all other ingredients on a large piece of aluminum foil. Close securely and bake at 350 degrees for about one half (1/2) hour. Also try this on barbecue grills and campfires.

**Salmon or Tuna Patties – from Shirley Bumbalough**

2 cups salmon  
2 eggs, beaten  
1/2 cup chopped onion  
1 teaspoon pepper  
2 teaspoons salt  
1 teaspoon Worcestershire sauce  
1 tablespoon lemon juice  
1/2 tsp. red pepper (very optional in my opinion)  
1 cup flour or substitute ( i left this out) (could use soy or almond flour)

Mix all ingredients together well. Form patties, fry in hot oil until brown, turning only once. I flattened them with a spatula and served them with a dollop of sour cream on top.



## **Tina's Baked Whole Salmon with Shrimp Parsley Sauce**

2 whole 2-pound farm salmon or 1 4-pound wild salmon 2720 cals 0 carbs

4 tbsp. butter 204 cals 0.2 carbs

2 tbsp. lemon juice 8 cals 2.4 carbs

1/2 cup dry white wine 70 cals 0.4 carbs

Salt and pepper to taste

Preheat oven to 325. Wash and dry salmon under running water, making sure all scales are removed (scrape sides of fish with a serrated knife). Remove head and tail if the fish is too long to fit on a cookie sheet.

Place salmon on heavy-duty aluminum foil, which is about six inches longer than twice as long as the fish. Salt and pepper inside the cavity. Smear butter along the top side of fish. Pour wine and lemon juice over fish.

Bring aluminum foil down over fish and seal on all sides. Bake for 30 minutes per inch thickness of fish. For example, the two fish pictured above were two inches thick at their thickest point. Thus, they were baked for one hour. One 4-pound fish would be about 3 inches thick and would require an hour and a half. While fish bakes, prepare sauce.

### ***Sauce:***

2 tbsp. butter 204 cals 0.2 carbs

1 tbsp. flour 32 cals 6.8 carbs

Salt and pepper

2 cups whipping cream 960 cals 16 carbs

2 tbsp. fresh chopped parsley 4 cals 0.6 carbs

1 can medium shrimp, drained 90 cals 0.9 carbs

Melt butter, stir in flour, salt and pepper to make a roux. Add cream and mix. Heat slowly in microwave, whisking sauce frequently to prevent lumps.

When sauce has boiled and thickened, stir in parsley and shrimp. Let sit for a few minutes to let flavours blend.

When fish has completed cooking, remove from oven and peel back top layer of foil. Drain all juices. Carefully remove top skin, and remove fillets of fish, breaking into serving size pieces. (Placing a spatula into the mid-line of the fish and sliding under the flesh first towards the top of the fish, and then repeating toward the bottom gives nicely sized pieces. When the top flesh has been removed, carefully lift out the intact backbone and ribs. Recover fish with aluminum foil, and flip the package over onto another cookie sheet, then repeat the skinning and filleting process with the second side of the fish.) Place fillets on heated serving platter and surround with lemon slices. Serves 8.

Reheat sauce, if required, and serve with filleted salmon.

Total recipe: 3,002 calories, 27.5 grams of carbohydrate Per serving: 375 calories, 3.4 grams of carbohydrate

See next page for variations -->

### ***Variations:***

- Replacing shrimp with canned tuna or crab meat or with shredded smoked salmon will also work and will reduce the carbohydrate gram count for the entire recipe by about 1.
- Replace wine with soy sauce for a slightly Oriental flavoured fish.
- This recipe will work with any large whole fish.
- Leftovers make marvellous salmon salad if the salmon is shredded and mixed with the leftover sauce.
- If you want to keep your house cool, place the wrapped fish package on the cookie sheet directly into your barbecue. Cook for about 20 minutes per inch thickness and then check to see if fish is done (flesh flakes easily with a fork). If fish is not done, reseal foil and continue cooking until done.

## **Tina's Marinated Red Snapper Seared in a Peppercorn Crust**

2 tbsp. soy sauce  
 1 garlic clove, pressed in a garlic press or minced and mashed to a paste  
 2 tsp. lemon juice  
 1 tsp. Splenda  
 2 6-oz red snapper fillets (or any firm fish such as cod, salmon, etc.)  
 4 tsp. coarsely ground black pepper  
 2 tbsp. olive oil

In a sealable plastic bag, combine well the soy sauce, the garlic, the lemon and the Splenda. Add the red snapper fillets, coating them well, and let it marinate for at least 30 minutes. Remove the fillets from the bag, discarding the marinade, and pat dry. Press 2 tsp. of the freshly ground pepper onto each piece of fish, coating it thoroughly. In a heavy skillet, heat the oil over moderately high heat until it is hot but not smoking and in it sauté the fish for 2 minutes each side, or until it just flakes. Transfer the fish with a slotted spatula to paper towels and let it drain for 30 seconds. Serve with Tartar Sauce or fresh tomato salsa. Serves 2.

## **Easy Salmon and Broccoli Stirfry – from Cyndi**

Don't worry about any of the amounts...they are quite flexible.

2 lbs. salmon, cubed into bite-sized pieces (1"x1"x1" more or less)  
 (Note on salmon...I buy it fresh from Costco, cube it, marinate it in fridge in olive oil and lemon juice and some seasoning, then freeze on cookie sheets being careful that the cubes don't touch each other. When frozen, transfer to ziplock bags and freeze the next batch. Now you have salmon to pour out directly into the frying pan without defrosting.)

The timing of this recipe is formulated for frozen salmon.

1 large bunch (3-4 heads) fresh broccoli

Olive oil for cooking

1/2 cup sherry

Black and red pepper

Salt

Butter or other dairy (optional)

Cut off broccoli stalks from flowers. Chop stalks into small pieces (perhaps 1/2 to 2/3" cubed), put aside. Chop flowers into large bite-sized pieces.

Heat a couple tablespoons of olive or other cooking oil in a pan with sides (wok shaped is perfect but a medium soup pot is fine).

Add broccoli stalks to oil and cook on high until they are cooked through but still quite crunchy. Season as you wish. The idea is to make them more highly seasoned than you would if you were eating them alone. This "layers" the dish. Seasoning should not be so strong you couldn't eat just a piece of stalk. I used black pepper, red pepper, and a bit of extra salt.

Add the fish and stir. When fish has a good coating of hot oil, add the sherry and salt to taste. If you would rather not cook with alcohol, you can leave it out. Stir, reduce heat to medium, and cover. Stir every 1-2 minutes.

When the fish is about 5 minutes away from being done (cooked through, flesh flakes), add the broccoli flowers on top. Do not stir. Optional: add 1/3 stick unsalted butter to top. Cover pot and let it continue cooking until broccoli flowers are bright green, cooked through, but have some crunch left.

Serve immediately (broccoli will continue to cook and get soggy). Top each plate with a bit of sour cream, cream, or yoghurt if you wish, or add butter as described above. The dish will be fine dairy-free too.

Makes an entire large meal for 2 hungry people, or feeds 4 with medium portions if the meal includes other food.

I haven't worked out the carb count but it's low. If you don't use any dairy except for butter, and maybe a touch of heavy cream, and go easy on the sherry, it's very suitable for strict induction.

## **Quick and Easy Shrimp Dishes**

- Sauté some shrimp in butter with garlic powder, salt and pepper. Towards the end of cooking, I top with shredded mozzarella. Let it melt. Eat with salad and blue cheese dressing.– from Vonnice
- Sauté some thinly sliced garlic in clarified butter until it changes colour slightly, then throw in the shelled shrimp, sauté until the shrimp is no longer opaque and serve with a squeeze of lemon juice, pepper and salt. Yumm. – from Jeff
- I do a similar dish with shrimp and mushrooms, in butter olive oil and garlic, sometimes with Parmesan. It's great served over cooked chopped spinach. – from Jamie

## **Shrimp Florentine – from Debbie Cusick**

(adapted from recipe from Mrs. Voorhees)

4 packages frozen spinach, thawed and drained

3 lbs. shrimp - cooked

1/2 cup butter

3 eggs, beaten

1 1/2 cups heavy cream

1 1/2 cups water

1/2 cup dry white wine

1/4 cup chopped scallions

Salt, pepper, paprika

2 cups (8 oz.) shredded cheddar cheese

Preheat oven to 350. Spread shrimp in the bottom of a casserole dish and top with the spinach. Place beaten eggs, cream, water, wine, scallion and spices in a large saucepan and cook over medium heat until mixture starts to thicken, stirring constantly. Pour over the shrimp and spinach and top with cheese. Bake uncovered for about 35 minutes until bubbly. Serves 8.

## **Lime Broiled Catfish – from Va in My Heart**

1 tablespoon margarine

2 tablespoons lime juice

1/4 teaspoon pepper

1/4 teaspoon garlic powder

2 catfish fillets (6 ounces each)

Melt margarine in a saucepan. Stir in lime juice, pepper and garlic powder; mix well. Remove from heat and set aside. Place fillets in a shallow baking dish. Brush each generously with lime sauce. Broil for 5-8 minutes or until fish flakes easily with a fork. Remove to a warm serving dish; spoon pan juices over each fillet. Yield: 2 servings.

Nutritional Information

Serving Size: 1 fillet

Calories: 254

Sodium: 156 mg

Carbohydrate: 2 gm

Protein: 31 gm

**Amazon Pumpkin and Shrimp – posted by Sue Hutt**

Serving Size: 6

1 2-3 lbs. pumpkin  
2 lbs. medium shrimp  
2 large yellow onions, chopped  
3 cloves garlic  
4 large plum tomatoes  
2 bunches cilantro  
Olive oil for sautéing  
Salt and pepper  
Tabasco Sauce, to taste

Line a roasting pan with heavy foil. Preheat oven to 350. Slice off top of pumpkin and save to use as cover/lid. Take out pumpkin seeds and strings.

Sauté chopped onions till translucent and beginning to caramelize in the olive oil. Chop and add garlic to the onions. Add salt and freshly ground pepper.

Clean and devein shrimp. Chop tomatoes and sauté with onions and garlic till the tomatoes have softened. Add shrimp and sauté until shrimp turn pink. Don't overcook!! Chop the cilantro and sprinkle over the shrimp mixture. Taste for salt and pepper. Fill the pumpkin with the shrimp mixture. Cover with lid. Bake until the pumpkin is soft.

Dish out shrimp and pumpkin together.

**Crusty Coconut-Almond Fish – posted by Romana**

6 (3 oz.) fish fillets  
1 egg  
1 Tbsp. water  
1 cup shredded unsweetened coconut  
3/4 cup toasted chopped almonds  
2 Tbsp. olive or other vegetable oil

***Sauce:***

1/2 cup sour cream  
2 Tbsp. lemon or lime juice  
1 Tbsp. chopped parsley

Preheat oven to 425°F. Place fish fillets on waxed paper. In a shallow bowl, stir together egg and water. In a second bowl, stir together coconut and almonds. Brush fish lightly with oil, dip in egg, then roll in coconut-almond mixture until well coated. Place on baking pan and bake 15 minutes or until fish flakes easily when tested with a fork.

Mix together the 3 sauce ingredients and drizzle over the cooked fish. Makes 6 servings.

Approximate nutrient value per serving: 297 calories, 25 grams protein, 19 grams fat, 8 grams carbohydrates, 51 milligrams cholesterol, 1 gram fibre. (This recipe can also be made using boneless, skinless chicken breasts instead of fish.)

### **Regina's Simple but Delicious Fish**

2 Rainbow trout or salmon filets  
1/2 cup heavy cream  
1 tbsp. coarse brown mustard  
1 tsp. dried dill

Mix cream, mustard, and dill. Pour over fish and bake in 375 degree oven for 20-30 minutes (depending on thickness of fish) until fish is just flaky in center. Do not overcook!! Serves 2.

### **Topping for any Baked or Broiled Fish – from Renee**

1/3 C mayonnaise  
2 T chopped chives or green onions  
2 T grated Parmesan cheese  
1/2 tsp. Worcestershire sauce

Spread over fish and bake or broil as usual.

### **Rosie's Prawn Curry**

Take a handful of mushrooms & fry them for a while. Throw the prawns in. Decant off the liquid (to get rid of the salt, if you care about it) then fry a bit longer. Add one teaspoon of red curry paste & fry it all together for another minute. Add some coconut milk & let simmer for about 10 minutes, until the sauce has thickened. Eat with spoon :-)

Don't get me wrong, I love my low carb food, but this is the first time I've cooked an actual dish since I began, and I enjoyed it beyond words. I loved it, it was very filling, and what's more, I didn't even want to eat the last spoonfuls of sauce, so ha! Coconut doesn't set off my cravings :-)

Carb count is as estimated below:

|                                  |   |
|----------------------------------|---|
| 1/4 block creamed coconut: 11.3g | Carb content of prawns: 1 (to be on the safe side)              |
| Teaspoon curry paste 1 (ditto)   | Mushrooms: 3 (according to Dietwatch) Total about 16g carbs :-) |

### **Blackened Catfish Fillets – from Marcy**

Serves 6

6 genuine U.S. farm-raised catfish fillets  
1/2 teaspoon garlic powder  
1 teaspoon cayenne pepper  
1 teaspoon black pepper  
1 teaspoon salt  
1 tablespoon crushed dried thyme leaves  
1/2 teaspoon paprika  
1 stick butter  
1/4 cup dry white wine  
Juice of one lemon

Wash the catfish fillets and pat dry. Set aside. Combine all the dry ingredients in a small bowl and set aside.

Melt the butter in a pan. Add the lemon juice and mix well. Dip the fillets into the butter mixture. Sprinkle the fillets liberally with the spice mixture on both sides, and set aside.

When ready to cook, heat a black iron skillet on the stove until very hot. Carefully place the fillets in the skillet and cook for about 2 minutes on each side. Keep moving with a spatula to prevent sticking. When the fillets are cooked, remove them from the skillet. Remove the skillet from the burner. Pour the butter mixture into the skillet, quickly adding the wine, and stir. Pour the pan juices over the fillets and serve immediately.

**Salmon Roulades with Sesame – from Kevin Dow**

You can substitute any nuts for the sesame seeds if you like. You can also serve with a LIGHT sauce.

4 Salmon Filets

1/4 cup sesame seeds

1 1/2 tbsp. olive oil

2 tbsp. vinegar (rice-wine)

3 tbsp. soy sauce

Dash salt

Dash pepper

1. Preheat broiler

2. Slice the filet (horizontally) 2/3 way down

3. Season all sides with salt and pepper (to taste) so that every side tastes good

4. Roll filet into a roulade and secure with toothpick

5. Place sesame seeds into dish

6. Place roulade into dish to thoroughly coat bottom and then drizzle sesame seed side with olive oil

7. Mix vinegar and soy sauce

8. lightly coat roulades with mixture

9. Cook for 5-6 minutes or until cooked through

10. Drizzle with remainder of mixture for serving

**Lilah's Baked Salmon with Mustard Dill Sauce**

(slightly modified, from Bon Appetit)

1 salmon fillet (about 1 1/2 pounds)

1 cup sour cream

2 tablespoons mustard

3 tablespoons fresh dill, chopped

3 tablespoons red onion, chopped fine

Salt, pepper to taste

Garlic powder to taste

Olive oil

Mix sour cream, mustard, dill, onion, salt and pepper to taste in a bowl and let stand at room temperature for one hour. Preheat oven to 400 degrees. Sprinkle bottom of a glass baking dish with olive oil (or oil a cookie sheet if your piece of salmon is too long for the dish). Place the salmon in the dish (on the sheet) skin side down. Sprinkle top of it with salt, pepper, and garlic powder to taste. Take 1/3 cup of the sour cream mixture and spread it on top of the salmon. Bake for 20 minutes or until salmon is pink. Serve with additional sauce on the side (I only used half of what I made).

## **Fuzzy Navel Killer Shrimp**

### ***For the peanut dipping sauce:***

1/4 cup smooth peanut butter  
 1 Tbsp. peeled and coarsely chopped fresh ginger root  
 2 cloves garlic, coarsely chopped  
 2 Tbsp. low-sodium soy sauce  
 2 Tbsp. fresh lime juice  
 1 Tbsp. rice wine vinegar or white vinegar  
 1/4 cup shrimp stock or clam juice  
 1 tsp. honey or equivalent sugar free substitute  
 Kosher salt and freshly ground pepper  
 1/8 cup finely chopped cilantro  
 1/4 cup finely sliced green onion

Combine the peanut butter, ginger root, garlic, soy sauce, lime juice, vinegar, stock, and honey in a food processor and process until smooth. Season with salt and pepper. Spoon into a medium bowl, fold in the chopped cilantro, and sprinkle the green onion on top. May be refrigerated, covered, for one day.

With honey carbs 42g dietary fiber 6.1g figure .6g per shrimp

Serve at room temperature. Makes 2 cups.

### ***For the Spicy Shrimp:***

1/2 cup olive oil  
 2 Tbsp. fresh lime juice  
 2 Tbsp. Hot sauce or hot chilies of your choice  
 2 Tbsp. coarsely chopped fresh ginger root  
 2 cloves garlic, coarsely chopped  
 2 Tbsp. coarsely chopped cilantro  
 48 large shrimp, shelled and deveined  
 Kosher salt and freshly ground pepper

Combine the oil, lime juice, chiles, ginger root, garlic, and cilantro in a large shallow pan or baking dish. Add the shrimp and toss to coat. Refrigerate, covered, for two hours — no longer. Preheat a gas or charcoal grill to high. Remove the shrimp from the marinade, shaking off the excess (discard the used marinade). Grill until just cooked through, two to three minutes on each side. To serve, arrange the shrimp on a large serving platter and accompany with a bowl of the peanut dipping sauce.

Carbs 14.2 Dietary Fiber 1.4 per shrimp .3g Carbs

Total shrimp and dip .9g per shrimp.....yum yum

## **Herb Crusted Salmon with Artichokes Sauteed in Herb Infused Butter**

(Recipe courtesy Ryan Briggs via the Food Network)

### ***Herb Crusted Salmon:***

2 pounds salmon fillet  
Salt and pepper  
1 shallot  
4 cloves garlic  
1 or 2 tablespoons fresh dill  
1 or 2 tablespoons fresh lemon thyme  
1 or 2 tablespoons fresh cilantro  
Lemon zest  
1 yellow chile  
1 lemon, juiced  
3 tablespoons olive oil

Oil the bottom of a casserole dish. Place salmon in dish and sprinkle with salt and pepper. Chop and combine the following in a bowl: shallots, garlic, herbs, lemon zest, chile, lemon juice, olive oil. Cover salmon with mixture, and place in a preheated 350 degree oven for 25 to 30 minutes or until a fork pulls out smoothly from thickest part of the salmon.

### ***Artichokes Sautéed in Herb Infused Butter:***

2 tablespoons olive oil  
2 tablespoons butter  
1/2 white onion, diced  
4 cloves garlic  
Chile flakes to taste  
1 tablespoon fresh lemon thyme  
1 tablespoon fresh chives  
2 large globe artichokes halved, trimmed, choke removed  
Water - enough to steam artichokes

In a large skillet over medium high heat, add butter and oil. Sauté onions, garlic, chile, herbs, reduce heat, making sure garlic doesn't burn. Once oil is infused, place artichoke, heart side down, into oil. Sauté for a few minutes, and then add enough water to steam them. Cover and reduce heat. Steam artichokes gently for up to 2 hours, or until flesh removes from leaves easily. More water will need to be added to the pan periodically. Serve with lemon-garlic-butter for dipping.



## Chapter 7 - Meat Main Dishes

### **Great Meatloaf - from Jerry Wilson**

1 lb. ground chuck  
1 cup pork rinds  
1 egg  
1/2 cup heavy cream  
2 tbsp. Worcestershire sauce  
3/4 cup shredded cheese  
Salt

Crunch the pork rinds up into crumbs. Put the meat in a microwave-safe baking dish. Add the pork rind crumbs, cream, egg, Worcestershire sauce, and cheese. Add salt to taste. Stir until all ingredients are mixed thoroughly and shape into a loaf. Put into microwave and cook for 14 minutes (or until internal temp rises to 150).

Makes 4 large servings — about 3 grams carbohydrates/serving.

### **Joan's Skillet Meatloaf**

Serves 4

2 1/2 lb. ground beef  
1 small onion grated  
1 garlic clove minced  
1 egg  
1 Tbsp. catsup  
Salt and pepper  
Sauce:  
1 can of tomato puree  
1 tsp. sugar (omit or substitute with sweetener)  
Several fresh basil leaves chopped  
1 small can of mushroom pieces drained  
1 large onion sliced  
Worcestershire sauce

Make meatloaf mixture by combining meat, onion, egg and seasoning. Form into a round loaf. Heat some olive oil in a heavy-duty skillet. Pat meat into pan and brown on both sides; carefully turning with wide spatula. Mix tomato paste, an empty paste can of water, sugar and basil and pour over meatloaf. Add sliced onion and mushrooms to pan. Sprinkle with a few splashes of Worcestershire sauce. Cook covered over low heat for 1+ hour or until meatloaf is tender. Occasionally stir sauce in pan and baste top of meatloaf. Serve meatloaf with some of the thickened sauce.

## **JD's Bachelor Steak**

Now the second recipe men on this diet might actually be able to make (fire good). Steak when done the right way...

### ***Materials & Supplies:***

1. 1 sirloin steak ('nuff said)
2. Some inspired amount of Kikkoman soy sauce.
3. The cheapest red wine available (your returnables should cover it).
4. Actual garlic (You will discover, with some determined research, that it does not actually come from nature in powder form. Ask someone to find it for you — it's worth it.)
5. A garlic-smashing tool (requiring a surgical strike into the kitchen aisle. be aware that they may have a more fancy name for it.)
6. A propane grill (fire good).

### ***Blueprints:***

1. Five or so hours before dinner, assault both sides the sirloin with a fork with a wide-ranging, rapid-fire motion. We are looking for a tight pattern of 1/2" deep holes covering the whole target.
2. Smash the garlic onto a paper plate with the garlic-smashing tool. Throw out the paper stuff, keep the mushy stuff that smells like pizza. (You are not a man if you don't taste it and learn the lesson not to.) Slather the mushy stuff onto the top of the sirloin. We are looking for full, thin coverage here. You'll probably only need 1/2 of a whole garlic for this.
3. Put the meat on a plate, garlic side up. Pour equal amounts soy sauce and red wine on it and let it pool up on the top of the oversized meat. Put it in the refrigerator.
4. Halfway to dinner time, scrape the garlic to the side of the plate (a putty knife works fine for this), pour the juices somewhere, flip the steak and re-apply both.
5. At dinnertime, scrape off the garlic, pour the juices down the drain.
6. Turn on the grill on high. Apply the steak.
7. First: Searing. Give it about two minutes per side to sear the steak, sealing in the juices.
8. Second: Turn the heat down (a little) and cook to taste.

Mmm-mmm.

## **Laura's Beef Jerky**

I make jerky in my food dehydrator all the time. Here's my recipe... Find the leanest roast you can at the supermarket, have them trip excess fat and slice it for jerky. They don't charge extra here. You'll still have fat to trim when you get home. It's impossible to get it all so just go for the big chunks.

Put all the trimmed meat into a ziplock bag and add enough soy sauce to coat the meat and liquid smoke to taste (a matter of drops). My mom likes her jerky sweet so she adds some artificial sweetener. I don't like it sweet so I skip this step. Let this marinating meat sit overnight in the fridge.

Lay in single layers in your food dryer and dry on a hot setting. Don't over dry it. You want it a bit chewy. When it's done I blot the excess fat with paper towels. Store this in a sealed container in your refrigerator.

Most soy sauces have some sugar/carbohydrates in them. I think by the time it's all spread out and dried the carbohydrate count is minimal and certainly less the store bought.

## **Pork Chop Options**

- I like to dip them in eggwash, and then into seasoned crushed pork rinds and fry or bake them. I add a bit of garlic powder, parsley, paprika and pepper to my porkrinds after crushing them. The porkrinds are salty enough, so I don't add extra salt.
- Another way I love them is simple. Fry them in baconfat, and sprinkle with garlic salt and pepper.
- Or you can cut the meat into strips and stirfry them in oil, and eat with stirfried lowcarb veggies. (mushrooms, broccoli, small amount of onion, peppers and fresh string beans)
- If they are reasonably nice and kinda thick then remove the bone, pound them flat (1/4 inch or so) with a meat hammer or heavy rock, saute them in some oil, (don't flour them first but blot off as much moisture with a paper towel). You can deglaze the pan with a little wine or water, add some cream, and some mushrooms or green peppers or onion or herbs or whatever, reduce to a saucy consistency and enjoy like veal. This treatment also works well with raw turkey breast and chicken.
- I like to coat them with soy sauce, and then sprinkle heavily with ginger and thyme, and lightly with garlic powder and black pepper. (since I use a very low sodium soy sauce, I also use a little salt). Then broil or bake, and if your carb count will allow it, serve topped with a spoonful or two of applesauce.
- Marinate them in Italian salad dressing - Watch the brands though, some are higher than others in carbohydrates. Sometimes I just grill them and pour the dressing over them. Other dressings are good on them too.
- Chile verde them. It does contain some carbohydrates from veggies however. Not for induction. Cut up the meat into cubes and brown with bacon fat. Remove from pan. Brown some sliced onion in fat in pan. Put meat back in pan. Add some canned tomatoes and a can or two of green chiles - a mild type like Anahiem. Add some chicken broth, but not too much. Add garlic and oregano and cumin to taste. And a bay leaf. And a sprig or two of fresh cilantro if available. And something hot to taste, like a few Serranos or Jalapenos or cayenne or Tabasco sauce. Add more chicken broth if too thick. Slow cook until meat is tender and tasty, perhaps 30 min to an hour. In the olden days I would serve this over rice, but now I eat it plain with some Parmesan cheese shredded over it. Oh my, is it good!

## **Cotes de Porc a l'Auvergnate (Pork Chop Casserole) from Jeri Vondera**

This is my version of a recipe found in The Chamberlain Calendar of French Cooking, 1970.

4 thick pork chops

Small head of cabbage

1 cup cream

1/2 cup white wine

Parmesan cheese

Butter

Pinch of sage

Salt and pepper

Slice cabbage into 1/2" slices. Boil in salted water for about 3 min. Drain thoroughly. Add salt and pepper and cream. Cover and simmer for about 10 or 15 min.

Meanwhile, sauté pork chops in butter until they are brown and cooked through. Remove the chops and season them with salt and pepper. Stir white wine into the pan juices and add a pinch of sage. Simmer wine for a couple of minutes, and then stir this juice into the creamed cabbage.

Spread half the cabbage in the bottom of an ovenproof casserole. Add the pork chops, and then cover them with the rest of the cream and cabbage. Sprinkle generously with Parmesan cheese and a little melted butter. Bake uncovered at 350 degrees for 20 min. or until top is golden brown.

**Dad's Sausage**

2 lbs. ground pork  
 1/2 tsp. ginger  
 1/2 tsp. nutmeg  
 1/2 tsp. coriander  
 1 tsp. sage  
 1/2 tsp. thyme  
 1/2 tsp. pepper  
 1 1/2 tsp. salt (or Morton Lite)  
 5 – 10 drops hot pepper sauce, to taste

Mix all together, add a little water if necessary. Fry in patties, or loose. Gets more flavourful as it sits.

**George's Lettuce Wraps**

We took some ground beef, fried it up with onion and seasoned to taste with salt & pepper. Then while still in the skillet add enough salsa or hot sauce to give it some personality.

Take large lettuce leaves and make a taco shape. I found they work and taste better when doubled. Lay in some of the meat mixture, top with some good shredded cheese and enjoy. Yes, the salsa has carbs. Yes, we were inspired by the Chili's commercials. It was a great new experience and I'm sure we'll do it again.

**Golumpki Casserole – from Andrew J. Gnoza**

Cabbage rolls w/o the rolls!! Yield: 5 Servings

2 lb. Ground Round or chuck  
 1/2 lb. Ground pork or sausage  
 4 Tbsp. Salt pork  
 1 large head of cabbage  
 2 large onions  
 3 cloves of garlic  
 12 Mushrooms  
 3 large ripe tomatoes sliced thin  
 2 Eggs  
 6 oz V8 juice or tomato juice  
 3 strips of bacon

Cut the core out of the cabbage and put in boiling water for 15 minutes. Remove from pot and cool. Put diced salt pork in fry pan and add chopped onions, diced garlic and sliced mushrooms, cook until lightly browned.

In a bowl add beef, pork, eggs, onion mixture and mix well. In a Dutch Oven pan cover the bottom with some of the tomatoes. Remove the leaves from the head of cabbage and place a single layer in the pot. Crumble the meat mixture between your fingers and drop onto cabbage leaves. Spoon on some of the tomato juice and then put some slices of tomato, you can also put thin slices of onion if you wish. Place another layer of cabbage leaves on top of this layer and repeat the process ending with a layer of cabbage leaves. Place the uncooked bacon on top of the cabbage and cover. Place into a preheated 325 degree oven for 2.5 hours. Use the V8 juice to baste the casserole with to keep the top layer of cabbage moist. Remove and let set for 20 minutes before serving. Cut into serving pieces and serve.

***Variation***

Pammers would add a sprinkling of Allspice and fresh ground pepper on each layer of cabbage leaves. Allspice adds a certain "something" to all cabbage dishes IMNSHO. Maybe even a splash of dry red wine to dilute the tomato juice carbohydrates. Mmmm...the possibilities!!!!

## **Bulgarian Meatballs in Eggplant Sauce – from Orit Shacham**

### *Ingredients for meatballs:*

150 gm (5 oz) ground beef  
150 gm (5 oz) ground chicken  
Handful of chopped parsley  
Handful of chopped dill  
5 cloves garlic, chopped  
1 small onion, chopped  
1 egg  
Salt and coarse-ground black pepper  
Bit of flour [don't jump yet, this may not be necessary - Orit]

### *Ingredients for sauce:*

2 large eggplants  
2 small zucchinis  
1 cup chicken stock  
4 tbsp. oil  
4 cloves garlic, chopped  
Salt and coarse-ground black pepper

### *Preparation:*

- 1) Mix together all the meatball ingredients, except for the flour. Cover and put in refrigerator.
  - 2) Bake the eggplant on all sides in a very hot oven (stick them with a fork first, so they won't explode). Put in a large plastic bag and put in the sink to cool. Meanwhile, peel the zucchini, cut in quarters, and steam in a bit of water until soft but not too mushy.
  - 3) Peel the eggplant and mash together with the zucchini, using a fork.
  - 4) Fry the garlic a bit in oil in a large pot. Add the eggplant mixture and stir-fry for two more minutes. Add salt, pepper, and stock, and cook together for five minutes.
  - 5) Meanwhile, make small balls from the meatball mix and coat in a bit of flour [I seriously doubt this is essential to success here — Orit].
  - 6) Put the meatballs carefully into the pot with the bubbling eggplant sauce. Cover and cook for 20 minutes.
- Serve hot or lukewarm. Can be garnished with chopped green onion.

## **Heavenly Beef – adapted by “Jamie”**

1 eye of round roast, any weight  
1 to 1 1/2 cups White Zinfandel  
1 to 1/2 cups water  
1/2 onion, chopped  
1/2 cup Worcestershire Sauce  
Seasoned salt, garlic powder and black pepper to taste

Place liquid ingredients and spices into a slow cooker (crock-pot). Add beef tenderizer if you like—it's not really needed. Cook using medium setting for 8-12 hrs or until tender. It depends on your crock-pot. Remove meat from liquid and flake or shred with a fork.

### ***Sauce Bar-B-Q***

6 oz tomato paste (no sugar added)  
1 Tbsp. Liquid Smoke  
3/4 cup of liquid that roast was cooked in  
1 Tbsp. dried onion  
1/4 cup brown Sugar Twin or Splenda (or 6 packets sweetener)  
1/2 stick butter  
2 Tbsp. Worcestershire sauce

Place butter in saucepan and melt. Add rest of ingredients and simmer for 10 minutes or so. Add a few drops of Tabasco for a hotter taste. Add seasoning if you wish, like seasoned salt and pepper.

Place shredded beef in skillet with other half of butter stick and fry until slightly crispy brown (don't burn it). Add 3 or 4 Tbsp. of the Sauce and brown a little more.

I've used this recipe on shoulder roast, or thick shoulder steak, brisket, rump roast cut into slabs.... any sort of pot roast meat.

While it was intended as a shredded beef recipe, we prefer to barbecue the meat briefly with the sauce after the pot-cooking part. We found shredding it too saucy for our tastes. The original recipe called for eye round roast, which seemed a little bit of an expensive cut, considering that cheaper cuts would tenderize during cooking. I also use blush wine in a box (my generic cooking wine) instead of the Zinfandel. Once I tried a cheap burgundy, but that made it too acidic-tasting. I don't own a crock pot anymore, so I just use a soup pot on the stove for 1 to 3 hours, depending on the thickness of meat I'm using (take it out slightly before tender, too tender falls apart on the grill).

## **Dry Rubs for Meat**

### ***Barbecued Beef Rib Rub***

1/3 cup ground black pepper  
1/4 cup paprika  
1 tablespoon salt  
1 tablespoon chili powder  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons onion powder

### ***Danny's General Purpose Dry Rub***

3/4 cup paprika  
1/4 cup black pepper  
1/4 cup salt  
2 tablespoons chili powder  
2 tablespoons garlic powder  
2 tablespoons onion powder  
1 tablespoon cayenne pepper

Combine all ingredients and mix thoroughly. Rub meat to be barbecued with the dry rub and allow to marinate in the refrigerator overnight.

### ***Jack's Dry Rub***

1tsp.sage  
1tsp. salt  
1tsp. pepper  
1/2 tsp. ground cumin

Combine all ingredients, and mix well.

### ***Gary Howard's Rub***

3 tbsp. paprika  
1 tbsp. onion powder  
1 tbsp. garlic powder  
1 tbsp. ground basil  
1.5 tbsp. dry mustard  
1 tbsp. red pepper  
1/2 tsp. black pepper

Combine dry rub ingredients and rub onto ribs or meat.

### ***Cajun-flavoured Steak Rub***

Scrape a halved garlic bulb on both sides, then rub in a half-teaspoon of home-made Cajun mix:

1 tsp. dried basil  
1 tsp. thyme  
1 tsp. cumin  
1 tsp. black pepper  
1/2 tsp. hot red pepper or cayenne.

***Jerk Dry Rub from Andrew Gnoza***

Pastes made of spices, herbs, and onions are the authentic jerk flavouring method. You rub the paste into the uncooked meat to add flavour. This is a medium-hot paste; it can be made hotter with the addition of more hot peppers or hot pepper sauce. If you want less heat, remove the seeds and membranes containing the seeds from the peppers before grinding them. Scotch bonnet or habanero peppers are preferred, but you can substitute the milder, or more readily available jalapeno or serrano peppers.

- 1 onion, finely chopped
- 1/2 cup scallions, finely chopped
- 2 teaspoons fresh thyme leaves
- 2 teaspoons salt
- 1 teaspoon Jamaican pimento, (allspice)
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 4 to 6 hot peppers, finely ground
- 1 teaspoon fresh ground black pepper

Mix together all the ingredients to make a paste. A food processor fitted with a steel blade is ideal for this. Store leftovers in the refrigerator in a tightly closed jar for about a month.

***Jerk Dry Seasoning***

This seasoning mix is excellent to have on hand to sprinkle on cooked and uncooked fish, vegetables, or snacks. It does not have quite as strong flavour as the rub and the marinade. To increase the heat, add more cayenne.

- 1 tablespoon onion flakes
- 1 tablespoon onion powder
- 2 teaspoons ground thyme
- 2 teaspoons salt
- 1 teaspoon ground Jamaican pimento, (allspice)
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cinnamon
- 2 teaspoons sugar ( substitute EQUAL )
- 1 teaspoon black pepper, coarsely ground
- 1 teaspoon cayenne pepper
- 2 teaspoons dried chives, OR
- 2 teaspoons green onions, dried

Mix together all the ingredients. Store leftovers in a tightly closed glass jar. It will keep its pungency for over a month.



### **Three-Cheese Bacon Burgers**

1 pound lean ground beef (minimizes shrinkage) 812 cals 0 carbs  
 2 tablespoons Worcestershire sauce 20 cals 4 carbs  
 1 tsp. Tabasco sauce 0 0  
 1 teaspoon salt 0 0  
 1/2 teaspoon pepper 0 0  
 2 tbsp. grated onion (about half of a 2" onion) 10 cals 2.4 carbs  
 4 tablespoons cream cheese 106 cals 0.6 carbs  
 8 teaspoons BBQ Sauce 2 carbs  
 8 slices bacon, halved and cooked 344 cals 1.6 carbs  
 1/2 cup Cheddar cheese, shredded 105 cals 0.5 carb  
 1/2 cup Monterey Jack cheese, shredded 100 cals 1 carb  
 2 teaspoons salsa 2 cals 0.4 carb

Thoroughly mix first five ingredients. Separate mixture into four quarters. Separate each quarter into two and pat into two thin patties. On one patty place a flattened tablespoon of cream cheese. Place second patty on top and carefully seal edges. Repeat with other three quarters of ground beef mixture. Brush top of each patty with a teaspoon of BBQ Sauce. Broil or barbecue patties five minutes per side, repeating application of BBQ sauce after flipping patties. Meanwhile grate cheeses and mix together.

When burgers are done, top each burger with 2 pieces bacon, and a quarter of the mixed Cheddar/Monteray Jack cheese. Continue to cook just until cheese melts. Top each burger with 1/2 teaspoon of salsa and serve on lettuce leaves. You can garnish with thin slices of raw onion and cherry tomatoes.

Total Recipe – 1,500 calories, 12.5 grams of carbohydrate

Per burger – 375 calories, 3.2 grams of carbohydrate

### **Tina's Corned Beef and Cabbage**

3 - 4 pound corned beef brisket 4,032 cals 0 carbs  
 1 onion, sliced  
 2 cloves garlic, minced  
 6 whole cloves (or 1 tsp. ground cloves)  
 2 bay leaves  
 1/2 medium head of cabbage 86 cals 20 carbs  
 1 tbsp. prepared mustard 5 cals 0.3 carbs  
 2 tbsp. brown sugar Sugar Twin 2 carbs  
 1/4 tsp. ground cloves

Place corned beef in Dutch oven. barely cover with hot water. Add onions, garlic, and seasonings. Cover and simmer (do not boil) about 1 hour per pound of meat, or until fork tender.

Preheat oven to 350. Cut cabbage into four wedges. When meat is tender, remove from liquid, and add cabbage wedges to the Dutch oven. Cook cabbage for 20 minutes. Meanwhile, place corned beef brisket in shallow roasting pan. Spread top of meat with prepared mustard and sprinkle with Sugar Twin and cloves. Roast 20 minutes.

To carve corned beef, cut across the grain, in thick slices. (If you prefer your meat deli style, chill meat overnight in refrigerator to set juices and then carve in thin slices.) Place on platter with cabbage wedges and serve. Discard juices, seasonings and onion.

Nutrition facts based on a four pound brisket serving six.

Total recipe – 4,125 calories 22.3 grams of carbohydrates

Per serving – 688 calories and 3.7 grams of carbohydrates

## **Revamped Cottage Pie**

1 lb. Hamburger  
 2 pinches Italian seasoning  
 1 pinch Oregano  
 3-4 pinches Cumin  
 10-12 olives (if you have a small can of chopped this works best)  
 (either green or brown olives)  
 1 chopped egg  
 1 pan of fauxtatoes

Cook hamburger till well browned, add seasonings place on a small pan. Place on top of this mixture, chopped eggs, olives and then the potatoes. Cook for 25 minute's in a 350 Oven. Yummy :)

## **Swedish Meat – from Laura La Gassa**

I don't call this Swedish Meatballs because it's too carby and too much work to add the bread and flour and make little balls. So we're left with just Meat. :-)

1/2 cup minced onion  
 4 tbsp. butter  
 1 1/2 lb. ground meat  
 2 eggs, slightly beaten  
 1 tsp. salt  
 1/2 tsp. pepper  
 1 tsp. nutmeg  
 1 tsp. paprika  
 1 cup water  
 3 tbsp. Atkins Bake Mix or other low-carb flour  
 1 cup sour cream  
 1/2 tsp. dill (dried, or 1 1/2 tbsp. minced fresh)

Cook the onion in 1 tbsp. butter until soft, about 4 minutes.

Mix the meat, eggs, salt, pepper, nutmeg, and paprika in a bowl. Add the onions and mix well.

Melt the remaining 3 T butter in a frying pan on medium heat. Put the meat mixture into the pan when hot, and let it cook for a while as one big chunk (it helps to spread the meat out like an omelette). When it's brown on one side, break up the meat into smaller chunks and flip them over to brown the other sides. Continue cooking until the chunks are browned and cooked through, then remove them from the pan.

Turn the heat down to low, and add the water. Using a sifter or strainer (to avoid lumps), sprinkle the Atkins Bake Mix into the pan while stirring. Cook for about 5 minutes, or until thickened.

Add the sour cream, a spoonful at a time, stirring until well mixed. Add the dill, and mix well. Add back the meat, and cook on low for about 10 minutes.

Carb count: About 22 for the whole batch.

**Alikat's Marinated, BBQ Lamb:**

The morning before the BBQ I would marinate as many lamb chops as needed (with leftovers to take home!)

First pressed virgin olive oil  
A splash of red wine vinegar  
Lots of fresh, chopped garlic  
Lots of fresh rosemary sprigs  
A bunch of LiteSalt  
Fresh ground black pepper

Place chops in a shallow baking pan, cover with marinade, cover with plastic wrap, and place in bottom of refrigerator for 24 hours). Get those coals hot, place chops on well-heated grill, wait long enough to go completely crazy and eat!

You can use this recipe to marinate lamb shanks too, and then slow roast them (shanks are especially cheap for those of you on a budget and you can definitely eat an entire shank by yourself), or just broil the chops if you are at home or it is raining.

**Brenna's Pepper Steaks with Brandy Mustard Sauce**

4 Filet Mignon steaks  
4 tablespoons coarsely ground pepper ( I like to use a 3 pepper blend)  
2 tablespoons butter (I like unsalted)  
2 tablespoons olive oil  
1/4 cup brandy  
2 tablespoons coarse ground mustard (Grey Poupon Country Dijon works well)  
1/2 cup heavy cream

Put the pepper on a big plate, roll the steaks in the pepper till completely covered. Press the pepper into the meat. Let rest a couple of minutes. Melt the butter with the olive oil in a heavy skillet until VERY hot. Add the steaks and cook till done as you like them. Remove the steaks from the pan, deglaze it with the brandy, scraping up any browned bits on the bottom. Add the mustard, stir till blended, then add the cream and stir again till smooth. Plate the steaks on individual plates, and pour 1/4 of the sauce over each steak. Enjoy!

**Laurie's Basic Meatloaf**

1-1/2 ground beef (or combination ground beef and ground pork)  
1 cup pork rind crumbs  
1 egg, lightly beaten  
1/3 cup tomato sauce (4 carbs)  
1/4 tsp salt  
1/4 tsp pepper  
2 tbs. dried parsley or 1/4 cup chopped fresh parsley  
1/2 to 3/4 cup grated cheese

If you are past induction you may also add:

1/2 onion, chopped  
1/2 green pepper, chopped

Preheat oven to 350°. Mix meat and other ingredients. Transfer mixture to a shallow baking pan, and shape into a firm, oval loaf. Bake for 1 hour.

***Variations on next page-->***

**Variations:**

*Mexican Meatloaf:* Add a small can of drained chopped chilis. Use monterey Jack cheese. Add garlic (chopped or powder), cumin, and red pepper flakes to meat mixture. Serve meatloaf slices with a dollop of sour cream and a tablespoon of salsa.

*Italian Meatloaf:* Use mozzarella cheese. Add garlic (chopped or powder), basil leaves and oregano (powdered or leaves) to meat mixture.

*Greek Meatloaf:* Thaw and completely drain 1 (10 oz) frozen package of chopped spinach. Add to meat mixture, along with garlic and 1/3 cup chopped olives. Use feta cheese.

*Bacon Cheeseburger Meatloaf:* Use 1 cup of cheddar cheese in meat mixture. Place slices of raw bacon over meatloaf before baking it.

*Surprise Meatloaf:* Layer hardboiled eggs or dill pickles end to end over half of the meatloaf mixture, and put the other half of the meat mixture on top.

**Cabbage Lasagna – from Kitty**

1 medium to large head of cabbage  
 1 tbsp. olive oil  
 2 cloves garlic, minced or pressed  
 1 medium onion, chopped  
 1 Green bell pepper, chopped  
 3/4 lb. ground beef  
 1 6oz can Hunt's tomato paste  
 1 8oz can Hunt's tomato sauce  
 1 tsp. dried oregano  
 2 tsp. salt  
 1 tsp. black pepper  
 1 cup grated mozzarella cheese  
 1/2 cup ricotta or cottage cheese  
 1/2 cup freshly grated parmesan cheese

Preheat oven to 350. clean cabbage and remove tough outer leaves. cut head in half. carefully peel back to keep intact these are the 'noodles'. Arrange individual leaves on tray or steamer basket and steam until tender (3-5 min). This can be done in the microwave also. SET ASIDE.

Heat oil over medium/high heat in a large skillet. Sauté onion, garlic, green pepper until onion is translucent. Add beef and brown thoroughly and drain. Add paste and sauce and seasonings, mix well. Coat a 9x13x2 baking pan with a little olive oil. Line bottom with a layer of cabbage leaves. Top with half meat mixture. add 1/3 of mozzarella and 1/2 of ricotta. Add another layer of cabbage leaves, rest of meat mixture, another 1/3 of mozzarella, and remaining ricotta. Top with remaining mozzarella, and finish by scattering parmesan on top. Bake covered for about 20 min. uncover and bake 5 more min or until done. Makes 8 servings

Per serving:

9 grams carbohydrate  
 20 grams protein

This recipe is from the Protein Power book by Eades & Eades

### **Rillettes de Porc (French Potted Meat) – from Petra Hildebrandt**

1 kg (about 2 lb) lean pork  
Salt, white pepper to taste  
1/2 tsp. ground cloves  
1/2 tsp. ground ginger  
1/2 tsp. ground nutmeg  
250 gr. (8 oz.) lard  
1 sprig fresh thyme  
1 bay leaf  
2 cloves garlic

Rinse the meat and pat dry. Cube (3/4 inch cubes). Season with salt, pepper, cloves, ginger and nutmeg, rubbing the spices into the meat. In a large heavy pan heat the lard. Add pork cubes, thyme and the bay leaf. Cook over slow heat for about 5 hours. Stir thoroughly every now and then so that the meat will flake easily. When the meat is a golden brown and the rillettes are flaky and mushy, discard the thyme and bay leaf. Let cool, fill into preserving jars or stoneware pots.

May be covered with lard to prolong storage time. Storage: covered, in the fridge, for at least 3 weeks.

Sometimes I make double or triple batches and fill some of the rillettes into decorative stoneware pots, cover with lard and some kitchen wrap and a nice piece of cloth and a ribbon to give away as gifts.

### **Baked Ham with Cucumber, Tarragon, and Mushroom Sauce**

1 Tbsp. unsalted butter  
4 large mushrooms, sliced thinly  
1 cucumber, peeled, seeded and sliced thin crosswise (1 1/2 cups)  
2 tsp. finely chopped fresh tarragon + sprigs for garnish  
2 Tbsp. heavy cream  
1/4 tsp. Dijon-style mustard  
3/4 lb. ham steak, trimmed

In a skillet, melt butter over moderate heat until foam subsides. In it cook mushrooms, stirring, until they begin to give off their liquid. Add cucumbers and cook, stirring, 3-5 minutes, or until cucumber is slightly softened. Stir in chopped tarragon, cream, and mustard, and cook until thickened slightly. Put ham in a baking dish and spread with cucumber mixture. Bake in the middle of a preheated 350-degree oven for 10 minutes, or until heated through. Garnish with tarragon sprigs.

### **Garlic Dijon Skirt Steak – from Petra Hildebrandt**

2 garlic cloves  
2 tablespoons Dijon mustard  
1 tablespoon fresh lime juice  
a 10-ounce skirt steak (about 3/4 inch thick)

Mince garlic and in a bowl stir together with mustard and lime juice. Trim steak if necessary. Rub steak with mustard mixture and marinate 15 minutes.

Heat a well-seasoned ridged grill pan over moderately high heat until just smoking and grill steak 3 minutes on each side. (Alternatively, broil steak on rack of a broiler pan about 4 inches from heat.) Transfer steak to a platter and let stand, uncovered, 5 minutes.

With a sharp knife diagonally cut steak into 1/3-inch-thick slices and serve with Cumin Coleslaw.

## **Hamburger Diane**

Serving Size: 1

1 lb. ground round  
3/4 tsp. salt  
1/8 tsp. pepper  
2 Tbsp. butter  
1 Tbsp. prepared mustard  
1 Tbsp. lemon juice  
1/2 Tbsp. Worcestershire sauce

Mix the ground round, salt and pepper together lightly and form into 3 1-inch patties. Melt butter in skillet. Remove from heat. Blend mustard into butter, return to heat. Sauté hamburgers on medium heat about 5 minutes each side. Remove and keep warm. Add lemon juice and Worcestershire sauce to pan and stir over low heat until well blended. Return patties to pan and let simmer in juices a few minutes while spooning juice over the top occasionally.

## **Beef Tenderloin with Herb Cheese Filling and Red Wine Sauce**

Serves 4

4 beef tenderloins

### ***Sauce Ingredients:***

2 cups Dry Red Wine  
1 cup Beef Stock or prepared Beef or Chicken Broth  
1/4 cup Shallots, finely chopped  
2 tsp. fresh Thyme, chopped  
1/2 stick of chilled Butter, cut into pieces

### ***Cream Cheese Filling:***

4 (6 to 8-oz.) Tenderloin Steaks, cut about 1 1/2-inch thick  
2 (8-oz.) packages Cream Cheese, warmed to room temperature  
1 tsp. Garlic, minced  
1 tsp. fresh Thyme, chopped or 1/4 tsp. dried  
1 tsp. fresh Tarragon, chopped or 1/4 tsp. dried  
1 tsp. Green Onion or Chives, thinly sliced or chopped  
1 tsp. fresh Basil, chopped  
Salt and Black Pepper to season  
2 Tbsp Olive Oil

To prepare the sauce, combine the dry red wine, beef stock, shallots, and thyme in a heavy medium-sized saucepan over high heat. Gently boil until reduced to 1/2 cup (usually about 30 minutes).

To prepare the tenderloin steaks, mix the cream cheese, garlic, thyme, tarragon, green onions or chives, and basil in a small bowl. Season with salt and pepper. It's important to note that both the sauce and cheese mixture can be prepared ahead of cooking the steaks. Preheat the oven to 400-F degrees. Using a small sharp knife, cut an X in the top center of each steak, making sure to cut 3/4 of the way through the steaks. Fill each X with 1 tablespoon of the cream cheese mixture. Season steaks with salt and pepper.

Warm the olive oil in heavy skillet over high heat. Add steaks and cook with cut sides down until browned, about one minute. Using a metal spatula, carefully turn steaks over, scraping up cheese crust along with steak. Cook until bottom is brown, about another minute. Transfer the heavy skillet to oven and cook steaks to desired doneness, about 12 minutes for rare. Transfer steaks to serving plates. Tent with foil to keep warm. Bring sauce to simmer. Remove from heat. Gradually add butter, whisking just until melted. Season sauce with salt and pepper. Spoon the warm sauce over the

steaks and serve.

### **Pork-rind Veal Parmesan - from Mickey Chenery**

I finally gave it a try with a nice piece of veal. I crunched em up fine and added spices of the Italian type. I dipped the veal cutlet in egg and covered liberally with the mixture. I then seared the meat in olive oil till golden. Put the meat in a baking dish and cover with sautéed mushrooms and a “little” tomato sauce. Then of course drown in a nice Italian cheese mixture. I used Sargento’s 6 cheese Italian. 0 carbohydrates! Bake at 375 for 35 minutes until cheese is golden. AWESOME! No pork rind after taste at all. Just like mamma used to make! Bon Appetit, my lo-carbin buddies!

### **Moose Bourignonn – from Debbie Cusick**

Ten years ago one of our colleagues in Newfoundland was getting married and we all chipped in recipes to go with the cookware we bought them. Here’s one from the book:

For six servings, you’ll need:

- 3 lb. moose meat
- 2 tbsp. all-purpose flour
- 6 oz bacon
- 2 cloves of garlic
- 2 medium onions salt & pepper to taste
- 8 oz mushrooms
- Bouquet garnie
- 2 cups red wine
- 1 large carrot
- 1/2 cup beef stock
- 2 tbsp clarified butter
- 1 tsp tomato paste
- 2 tbsp brandy

#### **FIRST PREPARE**

Cut meat into 1” cubes. Cut bacon into 1/2” pieces. Make the beef stock. Peel the garlic cloves. Grate the carrot. Warm the brandy.

#### **NOW ASSEMBLE**

Place clarified butter in a casserole dish. When hot, add the onion and brown, then add the bacon and brown. Remove both onion and bacon and hold in reserve. Add meat and brown, flambe with brandy, stir in the flour. Cook one minute and add red wine, stock, tomato paste, garlic (crushed), bouquet garnie, grated carrot and season with salt and pepper. Simmer for 1 1/2 hours.

Add onions and bacon and cook 3/4 hour longer. Add mushrooms which have been slightly sautéed in butter and cook a further 15 minutes. Serve dusted with chopped parsley.

Trivia note: It’s now said there are more moose in Newfoundland than people (570K).

**Beef Burgoyne**

2 1/2 pounds round steak or London broil, in 2 inch cubes  
 2 T. Olive Oil  
 3 garlic cloves chopped  
 1/2 tsp. dried thyme  
 3 bay leaves  
 Salt and pepper to taste  
 1/2 cup canned consommé, or more as needed  
 1/2 cup burgundy wine, or more as needed  
 6 whole shallots  
 1 pound market mushrooms  
 1 tbsp. flour, if needed

Preheat the oven to 350 degrees. Trim any extra fat and pat the meat dry with paper towels. Heat the oil in a dutch oven and, when it's hot, brown the meat all over. Add the garlic, thyme, and bay leaves. Add salt and pepper and the liquids. Bring to a boil on top of the stove, cover the stew, and bake in the oven for 1 hour.

Check for moisture; if the stew seems to be getting dry, add another 1/2 cup each of the liquids. Add the shallots. Bake another 1 1/2 hours. Half an hour before serving, add the mushrooms and stir in well. If, when the stew is ready, the sauce seems thin, remove the solids and sprinkle 1 tablespoon of flour over the sauce. Cook the sauce down a bit over high heat and add the solid back in before serving.

**Master B's Taco-less Tacos**

As much ground beef as you want.  
 Some white onion - chopped  
 Some season salt  
 2-3 cloves of garlic (as you like)  
 Some butter

***Cheese Sauce***

3/4 pound of cheddar cheese (about 1 1/2 cups - we use organic cheese, and it does taste better)  
 1 tsp. mustard  
 1 tsp. paprika  
 1 tsp. salt  
 3/4 cup heavy cream  
 1/3 cup water

The cheese sauce is from DANDR, and is made like this: Put the cheese, mustard, turmeric, heavy cream, and water in a double-boiler. If you don't have one, try putting a smaller pot in a bigger pot that's filled with water. Bring the water in the lower portion just slightly to boil. Stir the mixture until melted. Set aside.

The rest is even easier: Mix the ground beef, onion, season salt, and garlic in a bowl of some kind. I don't have specific measurements for things. I just add it and hope it's not too much. Once you've got it all mixed in, put some butter in a pan and sauté the beef until it's cooked. Make sure you chase your 2-year old son around the house, a bit, too. Somehow, this adds to the flavour. Oh, and make sure a few scraps of meat fly out of the pan. And if at all possible, move your stove so that the morning sun comes in from the window and reflects off something metallic right into your face. You'd be surprised as to how difficult it is to determine if the meat is done when this happens.

Anyway, when you get the meat done, put it on a plate and pour some of the cheese sauce over it. You won't use nearly all the cheese sauce, and you can refrigerate what you don't use. I like to top mine with sour cream and a little bit of unsweetened ketchup. Tastes REEEAL good. The cheese sauce really makes this meal what it is. I hope you like it!



**Oven-Barbecued Ribs – from Tina MacDonald**

4-5 pounds spare ribs  
 1 tsp. salt  
 1 small onion, thinly sliced  
 1 lemon, thinly sliced  
 1 cup BBQ Sauce (see Sauces section)

Cut spare ribs into serving sized pieces. Place in large dutch oven, and add water just to cover ribs. Add 1 tsp. salt. Bring ribs to boil, skimming any foam that rises to the top. Reduce heat and simmer for 45 minutes.

Meanwhile, prepare BBQ Sauce. Thinly slice onion and lemon. Spray bottom-part of broiler pan (or other large deep pan) with PAM to ease clean-up.

Layer ribs in broiler pan, sprinkling onion and lemon slices over the ribs. Baste each layer with BBQ Sauce. Bake at 350 for 45 minutes. Place on platter and serve.

**Kim's Chinese Style Minced Beef**

I take the beef brown in butter and onions with a couple splashes of soy sauce. I cover that, and let it simmer about a half to a full hour to get the meat tender. Then I add fresh mushrooms, broccoli, snow pea pods, and believe it or not the baby corn is fairly low in carbs. I toss a few of those in there, and cook until blanched. Then I toss it on a plate and away we go. We enjoy it. If the sauce is too runny for you, you can beat up a few egg yolks and stir that in before the veggies, but you have to let the sauce cool a bit, otherwise you will have beef drop soup.

**Steak Strips with Creamy Horseradish Sauce – from Tina MacDonald**

Serves 2

2 1-inch thick beef tenderloin steaks, about 6 – 8 ounces each 1600 calories  
 Salt, pepper and garlic powder to taste  
 4 tbsp. Creamy Horseradish Sauce (see page 11-7)

Rub generous quantities of seasonings into steak. Broil or barbecue until desired degree of doneness is reached. Slice each steak thinly across the grain and arrange on serving plates. Drizzle two tbsp. of sauce across steak strips. Pass additional sauce separately.

Total calories: 1676 calories, 1.6 grams of carbohydrate  
 Per serving: 838 calories, 0.8 grams of carbohydrate

**K in Cali's Beef Stroganoff**

Brown a lb. or so of ground beef, add 1/2 C mayonnaise, 1/2 C sour cream, a packet of Hidden Valley Ranch powder....it's quick and easy stroganoff. I eat it over cabbage "noodles", .sautéed cabbage that has been cut into wide shreds, then cooked in butter and pepper until al dente.

## **Italian Skillet Pork Chops**

Serves 4

4 6-ounce pork chops  
 4 green pepper rings  
 1/2 cup sliced green onions  
 1 14-ounce can of tomatoes  
 1 tsp. oregano  
 2 tsp. basil leaves  
 Salt and pepper to taste  
 Garlic powder to taste  
 1/2 cup of water

Spray a large electric skillet with PAM. Cut excess fat off chops, season to taste with salt, pepper, garlic powder. Brown chops on one side in skillet. Meanwhile, cut up canned tomatoes, retaining liquids. Stir in oregano, basil and additional salt and pepper to taste.

Turn chops over, and top each chop with one green pepper ring. Divide green onion between chops and place inside pepper ring. Pour tomatoes and juice over chops, retaining one quarter of the tomatoes within the green pepper ring on each chop. Add water to skillet, Simmer chops, covered, for one hour. Lift out each chop, draining liquids, and place on serving platter.

Total recipe: 1688 calories, 38 grams of carbohydrate

Per serving: 422 calories, 9.5 grams of carbohydrate

## **Pepperoni Pizza**

Serves 2

1 lb. ground beef  
 2 tbsp. Worcestershire sauce  
 1 tsp. garlic powder  
 Salt and pepper to taste  
 1/4 cup pizza sauce (Safeway's Select brand has 18 calories and 2.5carbs  
 Pepperoni slices  
 Red pepper strips  
 Sliced mushrooms  
 2 cups shredded mozzarella cheese

Mix first four ingredients and pat thinly in a pizza tray, bringing the meat mixture as close to the edge as possible (the "crust" will shrink during cooking). Cook at 325 for 30 minutes. Remove from oven and drain all liquids from tray. Pat top of "crust" with paper towels, removing as much of the juices as possible.

Spread the pizza sauce over top of "crust". Top with pepperoni slices, red pepper strips and shredded cheese (or any combination of your favourite pizza topping). Return to oven and continue cooking until cheese melts and bubbles.

Total recipe: 1330 calories, 11.9 grams of carbohydrate

Per serving: 665 calories, 6 grams of carbohydrate

## **Chuck Roast Variations**

- I think most people cook these in the oven, but I usually cook it stove top in a large pan with some kind of liquid. I sometimes use onion soup mix, or just plain beef broth. I add onions, mushrooms (used to add carrots, but not now). I used to dredge it in flour and brown it first, but not now. I cook it for about 2 1/2 - 3 hours and make gravy with the liquid. A great variation is a tex/mex version cooked with beef broth, chili powder, cumin, a little green pepper or green chile peppers, a little tomato paste/sauce, maybe some taco seasoning mix...served with sour cream. Also you can do like a stroganoff - cook in broth, wine and mushrooms and serve with sour cream. - Renee
- I used to cook in crock pot with onion soup mix and can of mushroom soup. Now to go low carb I brown on coals and use a 1/4 cup beef bull., garlic and some onion and crock pot a low 10-12 hours. - Gary
- I use chuck roasts in my crock-pot! Put one in the crock pot, and add a jar of Alfredo or gravy au jus or any other sauce, put the cover on and let it slow cook all day! Do not add water! Before serving I add a container of sour cream! - Rosie
- You can cook chuck on the grill like a large steak, lotsa heat, never salt until done, only turn once, mucho garlic and pepper before cooking. After cooking allow to stand or immediately wrap in foil to mellow out. After cooling slice on the slant as you would sirloin or london broil or a baron of beef. Season and serve as you please. - George Parton

## **Oven-Barbecued Beef Roast – from Sooz**

1 tablespoon salt  
 1 tablespoon ground pepper  
 1 tablespoon dry mustard  
 1 tablespoon paprika  
 One 4 to 5 lb. chuck roast, or other inexpensive roast  
 1/2 cup of butter  
 2 tablespoons vegetable oil  
 1/4 cup Worcestershire sauce  
 1 and 1/4 cup apple cider vinegar  
 1 package Nutra Sweet (or other artificial sweetener)  
 Tabasco, to taste (Don't be shy, this makes it taste great!)  
 Heavy duty aluminum foil  
 Preheat oven to 300 degrees.

Line a dutch oven or any roasting pan with heavy duty foil, making sure you have enough overhang to completely wrap around the roast and seal tightly while it cooks.

In a small bowl, combine the salt, pepper, mustard and paprika, mixing well. Rub this mixture thoroughly and evenly into all sides of the roast. Let the roast sit while you prepare the barbecue au jus.

Combine the rest of the ingredients (other half of the butter, Worcestershire, vinegar, sweetener and plenty Tabasco), in a saucepan, bring to a boil, reduce heat to medium, and let it simmer for 5 minutes or so.

In a large skillet, heat half the butter and all the oil until VERY HOT over high heat. Add the roast, and sear it well on both sides. Make sure you get it well browned, don't worry if it looks too dark.

Transfer the roast to the foil lined Dutch oven, then pour the au jus over the meat, and securely close the foil around the roast to seal it in, and set in oven. Cook for 4 hours. Then remove the pan from the oven, fold the foil back and tuck it around the pan, (the smell will make you want to EAT!), return pan to oven, and let roast cook for 1 more hour, basting once or twice if desired with the au jus in the pan.

Serve this roast in thick slices with Mock Twice Baked Potatoes!

See next page for very helpful notes for the first time you make this. -->

Lay one sheet of foil on counter, this is where you will prepare the roast with the rub. It gets a little messy, and I use a plastic baggy over my hands while I'm rubbing the meat with the spice mixture, or your hands will turn a mighty color of red. Use all the spice. It only actually takes a minute or two.

Use 2 long pieces of foil (figure about twice the length of the pan itself), for the roasting pan or Dutch oven, folding the long side edges together to form a tight seal, and lay it snugly in the Dutch oven, pushing it into the corners to make room for the 2 roasts I make, and leaving enough foil (a lot) so that you can bring it up and around the meat, folding it tightly closed.

When searing the meat, be careful because the oil and butter are HOT, and it will spatter somewhat. Also stand back due to the spices making your eyes water while searing!

Give the Tabasco jar about 10 to 12 good shakes it really does make the roast. If you are sensitive to the spice, then just a few shakes, but don't leave it out completely.

That's it. It may sound involved, but it isn't at all, and it goes quickly.

### **Leftover Pork Roast Ideas**

- Shred the meat and serve it cold wrapped in lettuce leaves. That way you can pick it up and eat it like a sandwich. Serve cheese and some finger vegetables like peppers, tomato slices, and celery with it. – MauiBoss
- Chop up the left over pork, and then use some shredded Mexican cheese (I use bags of sargento) put in a baking dish, heat up till cheese is melted and pork is hot. Serve on a bed of shredded lettuce with salsa (just a little) and sour cream! - Rosie
- Scramble it with a couple of eggs, top with shredded cheddar and salsa! – Jo

### **Cabbage with Sausage – from Gary Wright**

1 head cabbage  
1 cup beef broth (one bouillon cube and a cup of water)  
1 package beef smoked sausage (keilbasa)  
1 medium onion  
3 cloves garlic (I love garlic)  
Butter

1. Core the cabbage and chop into approximately 1.5 to 2 inch pieces.
2. Chop onion and sauté in large soup pot, adding minced garlic near the end.
3. Cut sausage into 1/4" thick slices and cook in onion/garlic/butter for about 5 minutes.
4. Spread sausage over bottom of pot evenly and place cabbage on top, and pour in broth
5. Cover, reduce heat, and let steam till cabbage is tender (about 10 to 15 minutes).
6. Stir and serve (salt/pepper to taste of course)

### **Stuffed Hamburger Surprise - created by CuteFatChick**

Just take some hamburger and mix in eggs, mustard, Worcestershire sauce, salt, pepper and mashed pork rinds. Divide the burger into two huge patties, one slightly larger than the other. Around the centre of the large patty, place cheese, onions, black olives, maybe a little tomato, mushrooms, pickles - whatever you want to stuff your burger with. Then place the smaller patty on top and then seal your burger by pulling the edges of the bottom burger up to mix with the patty on the top. Bake in the oven for about 20 minutes to a half an hour. You can just slice out pieces like a pie. Very tasty.

## **Mark's Meatballs**

Add rosemary, basil, marjoram, salt and pepper to ground meat. Add four eggs, garlic powder and 1/4 finely chopped onion. Form into balls covering cheese cubes! I fried them in 1/2 inch of olive oil on high heat about 4 at a time. Boy these were the best meatballs I've ever made or tasted. Let them cool a little otherwise the cheese will burn your mouth! No sauce needed!!!

## **Stir-Fry Options**

- Cut semi-frozen round steak in thin strips, seasoned with salt, pepper and red chiles flakes (the little packets you get from the pizza parlour) and let the meat sit at room temp for an hour. Chop up mainly cabbage, with some mushrooms, red pepper, celery, summer squash and onion. Heat two tbsp. of oil in a large cast iron skillet. Cook the meat first, then the celery, then the rest of the veggies. When they were nearly done I added a pinch of Chinese five-spice seasoning and some soy sauce, and cooked for another minute or two. I liked the spiciness of the meat from the red pepper. - from Cheryl D.
- I marinate whatever meat (yesterday I did scallops) in soy sauce, toasted sesame oil, red pepper flakes, lite salt, garlic and huge slices of ginger for about an hour. Drain the marinade, throw some peanut oil in a skillet with the scallops, more garlic and ginger, and stir fry with some asparagus and green onion - YUM! I'm making the same thing for dinner tonight, but using tofu. – from Nina.

## **Baby Back Ribs – from Corine Tang**

(posted by Gaye Levy)

6 lb. ribs; large  
 1/2 cup soy sauce  
 3 Tbsp. vinegar  
 2 T Oil  
 4 cloves garlic, crushed  
 2 Green onions, chopped  
 1 Tbsp. dry mustard  
 1 tsp. fresh ginger; grated  
 Freshly ground pepper

Cook for approximately one hour on the rotisserie. We use the Ronco Showtime and leave them on until they begin to char. Note: The Ronco is a “set it and forget it” machine so there is no temperature setting.

My friend Corine has her husband grill them on the Barbecue and they are great that way too - just a lot more work!

## **Cheesy Taco Beef – from TrishaZ**

2 lbs. ground sirloin (or beef)  
 1 tomato, chopped  
 1 onion, chopped  
 1/2 green pepper, chopped  
 1 8oz container either cream or sour cream  
 1 cup cheese (any kind works, but I like it with Pepperjack)  
 Taco seasoning to taste

Combine onion, pepper and meat in a pan and cook until meat is done, add remaining items and simmer until cheese is melted, you may add a little water to water it down if you like.

It sorta comes out like a cheese taco think.....very good. After eating it the 1st time my kids asked if they can eat LC all the time.

**Shepherd's Pie I – from AnnieOops**

2 cups of cauliflower mashed potatoes (used 2 Tbsp. butter and 2 Tbsp. cream)  
1 1/2 pounds cooked ground beef  
1/2 cup shredded cheese

Line the bottom of 9 x 9 dish with half of cauliflower stuff. Place drained ground beef on top of it. Put shredded cheese on top of that. Cover the top with remaining cauliflower.

Total Carbs: Cauliflower 10, Cream 1, Butter 1, Cheese 1. Total dish 13.

**Shepherd's Pie II – from Debbie Cusick**

1 lb. ground beef, turkey or chicken  
1 cup fresh mushrooms (can use zucchini or broccoli instead too)  
2 cloves fresh garlic (or 1 tsp. chopped fresh garlic)  
Olive oil  
Salt, pepper  
3-4T mayonnaise  
2 oz. cheese, grated (cheddar, Muenster, Swiss, Monterrey Jack are all good)  
Fauxtatoes (see page 14.1)

Spoon fauxtatoes into bottom of large casserole dish (about 8 by 13 inches) and spread evenly over the bottom.

Cook ground meat thoroughly in heavy skillet. Drain and set aside. Add chopped mushrooms (or veggie of choice) and garlic to skillet. Add a little olive oil if necessary, and sauté for several minutes. Remove from pan and add to the ground meat. Mix well, adding to it the mayonnaise and salt and pepper to taste.

Spoon the ground meat mixture over the cauliflower. Sprinkle the grated cheese over the top and heat at 350 degrees Fahrenheit for about 20 minutes or until cheese is melted. Serves 4.

**Zucchini Beef Bake – from AnnieOops**

4 zucchini, cut into 1/4 inch slices  
1 cup chopped onion  
1 cup chopped celery  
olive oil  
1 lb ground beef  
1 cup sliced mushrooms  
1 6oz tomato paste  
1 t salt  
1/2 t oregano  
1/4 t pepper  
2 cups shredded mozzarella cheese

Heat oven to 350. Arrange zucchini in 13x9 baking dish. In fry pan, cook onion and celery in oil for 5 minutes. Add ground beef, cook until it loses its pink colour.

## **Oriental Steamed Meatballs - from Brenda Brenner**

Put 1 pound ground beef in blender for smooth consistency. When smooth, add 1 Tbsp. scallions, 1/4 cup soy sauce (geeze, don't remember if an egg is required—don't think so), 2 Tbsp. iced water. Shape into approx. 1" balls and cook in a steamer. Serve with a dipping sauce (I make a quick one with Newman's dressing, mustard, and sometimes a little grated ginger). Create your own! There are great peanut sauces out there you can buy.

## **Serve with sautéed bean sprouts, onions, and bok choy.**

What to do with Ground Beef? – Idea File

1. Make mini meat loaves (they cook faster). If you're really in a hurry, make meatloaf "fingers" about 4" long and 1-1/2" thick (these cook real fast in the oven). Can top with cheese if you like, during last 10 min of cooking. Serve with green beans or asparagus and a salad. – Brenda Brenner
2. In lieu of spaghetti, use spaghetti squash, but don't use huge servings. About 1/4 of the squash (or 1 cup) for each person. Easy on the sauce as well. Most of the bottled sauces (even without sugar) are 9 gms for 1/2 cup. Or forget the sauce—just add butter, garlic, parmesan. I cut a spaghetti squash in half and DH and I will have the other half another day. It takes about 18 min in microwave. Set it cut side up in about an inch of water and cover with plastic wrap before cooking. Then scrape it out with a large fork. – Brenda Brenner
3. Make chili, but without any beans or rice. Serve with chopped raw onion and grated cheese on top. Big salad on the side. – Brenda Brenner
4. There's always K's famous stroganoff - brown a lb. or so of ground beef, drain, add 1/2 C mayonnaise, 1/2 C sour cream and a package of (dry) Hidden Valley Ranch salad dressing mix. I eat it over sautéed cabbage cut into wide strips to resemble fettuccini....yummy! – Jae
5. One of my favourites, is the meatza pizza. - Did I spell that right? Using ground beef as the crust and then the toppings. Made it last night using ground sausage. Yummy. Its a life saver as I can make regular pizza for the many non low carbers in my house and enjoy this without feeling too deprived. Usually I have leftovers for breakfast. from Babs
6. Taco salad is a favourite at my house. It's quick and easy. To make good seasoned ground beef, first sweat a little chopped onions and bell peppers, add the beef. While it's browning, add generous amounts of chili powder, and cumin, with a little garlic powder and ground coriander. Add some water, and let it cook down for a few minutes. From there just put a plate of lettuce or salad (we often use pre-packaged) put a generous portion of the meat, sprinkle shredded cheese over this, add a dollop of sour cream, and then top it with some good salsa. Home-made fresh salsa is best. – from Tom

## **"Hungarian" Beef and Cabbage – from Tracy Miller**

1 lb. hamburger

1/2 to 1/4 small head of cabbage, shredded

1/2 can or less of Hunts tomato sauce (or other sugar-free)

Dash each salt, pepper, garlic powder

Small dash cinnamon.

Brown ground beef with salt, pepper, and garlic powder; drain - reserve 1 Tbsp. fat. Move beef to one side, cook (wilt) cabbage in the remaining tbsp. of beef fat in other side. When wilted, mix together and add tomato sauce. Continue to cook for about 10 more minutes. Add tiny dash of cinnamon (to taste). That's it. Basically it tastes like stuffed cabbage leaves without the hassle of stuffing and rolling (and without the rice, of course).

**Onion Burger Supreme – from Debra Long**

2 lbs. Hamburger  
1 pkg. Lipton onion soup mix  
2 lg. Sweet onions, sliced  
2 tbsp. Butter  
2 tbsp. Marsala Cooking Wine  
16 oz. Monterey Jack Cheese w/jalapeno peppers, grated

Mix hamburger and soup mix. Form into 8 burgers. Grill until desired doneness or bake on a broiler pan in 350-degree oven for 15 minutes on each side. Slice onions. Melt butter in a frying pan. Add onions and sauté until browned. Add cooking wine and simmer until warm. Pile onions upon cooked hamburgers and top with cheese. Cook in microwave just long enough to melt cheese.

Makes approximately 8 servings

**Simple Moussaka – from Orit in Israel**

1 medium eggplant (~ 1 lb.)  
1.5 lb. ground beef  
1 large onion (or use onion powder if that's too carby for you)  
1 large tomato (if you can afford the carbs - if not, skip it)  
4 eggs  
Oil  
Black pepper  
Sweet paprika  
Salt

1. Chop onion, fry in oil until golden, add ground beef, brown, add spices. Cover and simmer, stirring occasionally to keep the bottom from burning, for 1/2 hour.
2. Meanwhile, slice eggplant in 1/4" slices. Fry them on both sides in plenty of oil, until golden. You can try to blot or squeeze out the oil, but eggplant is like sponge, it will sop up a lot of oil. That's a good thing on LC!
3. Line the bottom of a heat-resistant pan with half the fried eggplant slices. Drain the meat, and spread over the eggplant. Cover with the rest of the eggplant slices.
4. Slice the tomato, and layer the slices on top of the eggplant.
5. Cover the pan and bake at 400F for 45 minutes.
6. Take the pan out. Uncover. Crack the eggs on top of the tomato. Try to keep the yolks from breaking.
7. Return to oven, bake until eggs are as done as you like them. (Personally I like the yolks runny...)



### **Simple Man's Dinner**

1 lb. of kielbasa sausage, sliced in 1/2" pieces  
1 large sweet onion, sliced  
2 med. green peppers, sliced  
2 tbsp. butter

Melt butter in skillet. Add onions and green peppers and sauté until tender. Add the kielbasa and cook until desired doneness. Serve warm. Makes 2-4 main dish servings

### **Teriyaki Beef Jerky - from SpinDizzie**

You can make your own jerky with a dehydrator. It's pretty easy. You can also use a very "slow" oven. I believe 200 degrees with the oven door slightly ajar.

Teriyaki can be faked with low-sodium soy sauce and some Splenda or Equal to taste and a few drops of Liquid Smoke. Also, hot sauces and different marinades make good jerky. Soak the meat for a few minutes, place in the dehydrator or oven rack in single layers. Put a big cookie sheet on the bottom of the oven to catch drips.

In the oven or the dehydrator, give it overnight. You're house will smell very BBQ-like, lol.

### **Chorizo, or Mexican Sausage – from Marcy**

Chorizo is used in many Mexican dishes and with eggs. It is available in some places, but if not in your territory, try this:

Mash 2 garlic cloves in 1 tsp. salt. Add 1 tbsp. vinegar, 1 tbsp. tequila or brandy, 1-1/2 tbsp. chili powder, 1-1/2 t salt, and 1-1/2 lbs. Ground pork. Mix these ingredients together, fry until brown, break up with a fork, and use as the recipe directs.

This is for 2 people.

### **Homemade Chorizo from DahliaLady**

2 lbs. Pork, lean, coarse grind  
1/4 lb. Pork fat, chop fine  
2 tbsp. Paprika  
2 tbsp. Chili powder  
1 tsp. Pepper, black  
1/2 tsp. Cinnamon, ground  
1/2 tsp. Cloves, ground  
1/4 tsp. Coriander, ground  
1/4 tsp. Ginger, grated  
1 tsp. Oregano, dried, crushed  
1 tsp. Cumin, ground  
2 tsp. Salt  
6 Garlic cloves, crushed  
1/2 cup Vinegar, white  
1/2 cup Sherry, dry  
1 Sausage casing (optional)

Combine pork meat and fat thoroughly. Add paprika, chili powder, pepper, cinnamon, cloves, coriander, ginger, oregano, cumin, garlic, salt, vinegar and sherry (brandy may be substituted). Mix well with hands. Mixture may be stored in a crock in cool place for twenty-four hours, or better, for 2 or 3 days.

Form into patties and sauté. Alternatively the mixture may be forced into sausage casing and hung to dry in a cool place.

This is best done in cold weather and hung in a breezy place to aid in drying.

### **Barbara Brenner's Roast Pork Chops with Sauerkraut and Onions**

1. Slice 1/2 large onion or 1 small onion thinly
2. Brown onion in one or two Tbsp. olive oil until starting to turn golden
3. Grind Pepper on 4 thin pork chops (about 1/2")
4. Either push onions to the side or remove them to a separate dish.
5. Brown pork chops on each side
6. Prepare the roast: put onions on the bottom, then 1 cup sauerkraut mixed in with onions
7. Sprinkle with 1 tsp. caraway seed; add 1/2 cup of water or chicken broth
8. Put pork chops on top and bake at 375 until fork tender.

Serve with faux potatoes and asparagus tips or any other vegetable you desire.

### **Elizabeth's Beef with Roasted Garlic and Mushrooms**

One can Campbell's condensed Roasted Garlic & Mushroom soup

A little less than a can full of water and a splash of cream (the soup is supposed to be made with milk)

A can of sliced mushrooms

A box of fully cooked sliced beef (from the freezer section)

Generous sprinkling of Garlic & Herb Mrs. Dash Seasoning

Simmer. Serve.

I added a sprinkle of Parmesan over it. Very hearty stew/soup like stuff. Just an idea for those who don't like to (or don't have time to) cook.

### **Diva's Easy Stuffed Peppers**

Combine chopped (ground) beef with a shredded onion, coarsely diced mushrooms, shredded Parmesan cheese, an egg, lots of spices and spoon into parboiled green peppers. Top with low carb tomato sauce or juice.

**Tuscan Parmesan Pillows - from Woman's Day 2/1/95**

Posted by Tiffany Hall-Graham

Yield: 6 servings

1 1/2 lb. ground beef round  
 3 cloves garlic; crushed  
 1/2 tsp. salt  
 1/4 tsp. coarsely ground pepper  
 1 cup Parmesan cheese; grated  
 1/3 cup chopped fresh parsley  
 1 tbsp. olive oil  
 1 tbsp. butter  
 1/3 cup chopped parsley  
 Lemon wedges

1. Mix meat-mixture ingredients (first 6) until well blended. Shape into twelve 1 1/4-inch thick patties. Let stand 15 minutes.
  2. Heat oil and butter in a large heavy non-stick skillet over medium-high heat.
  3. Add patties and cook until well browned on both sides and no longer pink in centre, about 5 minutes.
  4. Sprinkle with remaining parsley. Serve with lemon wedges to squeeze over the patties.
- 1 gram carbohydrate per 4 patties. WD figured the nutritional count, not me!)

**Desiree's Oven Beef Jerky**

1 lb. flank steak (freeze 15mins first so you can slice thin 1/4")  
 1 T Worcestershire  
 1 T soy sauce  
 Lots of Tabasco sauce - to your liking  
 1 tsp. garlic salt  
 1 tsp. liquid smoke

Mix all in a ziplock bag till meat is coated. Lay on cookie sheets and bake 10 hrs on 140-150.

**Halloweenie Spiders – from Tina MacDonald**

This is a fun recipe that is just perfect for a Halloween cookout, either outside or in your own fireplace. Take hot dogs and place flat on a cutting board. Leaving 1 1/2 inches in the middle uncut (an easy way to do this is to hold them down with two fingers in the middle of the hotdog), slice each hot dog in half from the edge of your fingers to each end. Then rotate the hot dog 90 degrees and slice in half again. The result should be a hot dog with an uncut central section, and with the ends cut into fourths. Place a hot-dog roasting fork in the middle uncut section, and toast over an open fire or barbecue.

As they cook, the ends curl up and all the edges crisp slightly, resulting in an eight-legged "spider" (the degree of curl depends on the brand and the make-up of the casing).

Dip each leg into "blood" and then bite the legs off, one by one. When the legs are all gone, consume the "body" the same way. This step is particularly popular with bloodthirsty little boys.

For the "blood", I use plain canned tomato sauce, spiced up with garlic powder, onion powder, Worcestershire sauce and Tabasco.

Kids love these, and for low-carbers, the best news is that there is no possible way you can fit these eight-legged creatures on a bun!

**Nancy's Instant Chili**

1lb of cooked hamburger  
1 can of stewed tomatoes  
1 small can of capers  
Oregano to taste  
Chili powder to taste  
Seasoning salt to taste  
Onion powder to taste

Let simmer on stove for about 30 min. WA LA! Instant Chili. Actually this was my Sunday Dinner. Very Easy...

**Chili – posted by Marcy**

Serves 8... Protein 38.6g, Fat 64.5g, and Carbohydrates 6.6g

2 tbsp. olive oil  
1 large onion, chopped  
3 garlic cloves, smashed  
4 lbs. boneless chuck, in dice or ground for chili  
1/2 cup ground mild red chile  
2 tbsp. ground cumin  
2 tsp. dried oregano  
1 tbsp. sweet paprika  
1 tsp. cider vinegar  
1/2 cup strong brewed coffee or 1 tbsp. instant coffee powder  
3 cups water as needed  
1 tbsp. salt  
1/2 tsp. ground red pepper (cayenne), optional  
2 tbsp. cornmeal (you can play around with different kinds of thickeners)

In large Dutch oven, heat the oil and cook the onion over medium heat until it's soft. Add the garlic and cook until it's transparent. Add the meat in several batches along with the chile, cumin, oregano, and paprika. Remove each batch to a large bowl as it's cooked. Stir and cook until the meat is browned, then put all the meat back in the pot and add the vinegar, coffee, and enough water just to cover the meat. Add the salt and cayenne and stir well.

Cover the pot and cook over low heat for 2 hours, stirring from time to time. Remove the lid and simmer for a final hour. Skim off any fat on the surface. Add the cornmeal and stir in well. Cook for 15 more minutes and serve hot in deep bowls. If you want, garnish with sour cream, chopped cilantro, and/or grated cheese.

**Chili – from Debbie Cusick**

1 lb. ground beef, browned and drained  
2-3 hot dogs cut into 1-inch chunks (I use sugar and nitrate free organic hot dogs)  
1 lb. fresh mushrooms, cut up  
1/2 cup green peppers, cut up  
1 small jar of tomato salsa (mild to hot as preferred)  
2 tsp. to 2 tbsp. chili powder (adjust for desired hotness)  
1 tbsp. fresh ground garlic

Combine everything in a large bowl, then dump into the crockpot and cook on low for 8-11 hours, or high for about 3 hours.

Serve with sour cream, shredded cheese and guacamole if desired.

**Healthy Crock Pot Chili - from Mmooky**

(posted by Cheryl)

1 lb. beef stew meat; trimmed  
 6 oz tomato paste  
 1 cup chopped onions; 2 medium  
 2 bell peppers; diced  
 2 garlic cloves; minced  
 1 tbs.. chili powder  
 1 tsp. ground cumin  
 1/2 tsp. dried oregano; crushed

Trim the beef of all visible fat. Cut into 1/2 inch cubes. Place meat in crockpot and stir in tomato paste to completely coat meat. Add the remaining ingredients and stir to blend. DO NOT add any additional liquid. Cover and cook for 12 hours on LOW heat. When done, you can skim the fat from surface and discard. YIELD: 4 Servings

**Jerk Pork – from Marcy**

3 chili peppers, seeded, diced  
 2 onions, finely chopped  
 1-inch piece ginger root, peeled, chopped  
 4 tablespoons chili paste  
 1/4 cup oil  
 1 teaspoon allspice  
 1 teaspoon dried oregano  
 4 tablespoons water  
 3 pounds pork fillets

Place the peppers, onions, and ginger in a jar of a food processor and pulse until smooth. Add the chili paste and oil and blend. Then add the allspice, oregano, and water. Rub this mixture all over the pork. Marinate overnight. Barbecue pork fillets or roast in a 400 degree oven.

**Wet Jerk Rub – from Marcy**

All the various wet jerk rubs, dry jerk rubs, and marinades have the same core ingredients: scallions, thyme, Jamaican pimento (allspice), ginger, Scotch bonnet peppers, black pepper, nutmeg, and cinnamon. Jamaican pimento (allspice) is essential; it is more pungent than allspice from elsewhere. The scallions used in Jamaica are more like baby red onions than the green onions we find in our produce sections. The thyme is a very small leafed, intensely flavored English thyme. These are the most critical herbal flavors in jerk seasoning; the next most important flavor is Scotch bonnet peppers.

Jamaicans all grow their own Scotch bonnets, or "country peppers" as they are sometimes called. Scotch bonnets come in several varieties, all of which have a similar "round taste," an intense heat with apricot or fruity overtones. The best substitute for a Scotch bonnet is a fresh habanero pepper.

1/2 cup fresh thyme leaves  
 2 bunches (about 15) green onions, finely chopped  
 1/4 cup ginger root, finely diced  
 3 Scotch bonnet peppers, stemmed and finely chopped  
 1/4 cup peanut oil

Combine all the ingredients into a thick, chunky paste. The mixture will keep in a tightly sealed container in the refrigerator for several months.

Most Jamaicans grind their spices by hand in a mortar and pestle. The whole spices tend to retain more aromatic oils in them and therefore more of a natural pungency. To save time, you can pulverize the spices in a spice grinder or coffee mill, and then add them to the other ingredients. Yields 4 cups

## **Ham Rolls – from Jeff**

### Ingredients:

A few slices of Black Forest ham or whatever ham you like.

Cream cheese whipped until light with grated cheddar added (you do not have to whip if you do not want to).

A few boiled eggs, quartered.

### Method:

Lay the ham flat. Put a couple of egg quarters on one end of the ham slice and dab some cream cheese on top. Roll like you would an egg roll, tucking the sides into the center and rolling until you get a fat cigar shape. Put roll between fingers and slowly put into mouth. Yummm.

### Variation:

When you think about it, there are endless variations to this roll and you can stuff it with whatever you want, just watch the carb. They have also come out with pre-flavored cream cheeses (garlic flavor, sun-dried tomato flavor), but please read the carb contents. You can also use sliced turkey ham if you think pigs are too cute and intelligent to eat. Enjoy!

## **Home-made Sausage – from TinaM**

You can make your own patty sausage with out sugar and fillers

1 lb. ground pork

1 lb. ground turkey

1 tsp. salt

1/2 tsp. red pepper

1/2 tsp. paprika

1/2 tsp. fennel seed

1/2 tsp. ground oregano

1/2 tsp. black pepper

Mix well and refrigerate for 1 hour. Fry lightly in nonstick pan and freeze on a baking sheet. After the patties are frozen, transfer to a ziplock (freezing on baking sheet keeps them from sticking to each other). Take out what you need in the am and fry with your eggs or nuke (1 min).

This makes an Italian flavor sausage. Substitute sage for the oregano and drop the paprika and get a milder taste. The Turkey gives them a lighter flavor also or you can go all pork for a heartier pork taste.

## **Chicken Fried Steak with Gravy – from Jeri Vondera**

4 Minute or Cube steaks (I used pork minute stakes because they were cheaper than beef)

2 eggs beaten

1 bag pork rinds, crushed finely

Oil

1 small head of cauliflower, steamed, or boiled until very tender and drained

1/3 cup of heavy cream

Salt and pepper to taste

Dip steaks in egg and then bread with pork rind crumbs. ( I pressed the crumbs into the meat, so that the steaks were quite a bit bigger after breading.) Fry steaks in oil until done. Meanwhile, puree cauliflower, adding cream slowly until you get the consistency of gravy. May have to add more of less cream, depending on how thick you like your gravy. If you can't get the gravy thin enough, try adding a small amount of water. Add salt and pepper to taste. (I like my gravy very salty, so I added about 2 tsp. of salt and probably at least a tsp. of pepper.) Serve gravy poured of steaks.

NOTE: I had lots of gravy left over, so you could probably halve the recipe for 4 steaks.

NOTE: I think I'll try adding some pan drippings to the cauliflower next time in order for it to be even more "gravy-like".

## **Veal Chops with Chile – from Kevin Dow**

Make sure to ask your butcher to remove the chine bone, cut the rib bone to 5 inches, and then french it. Also, ask if they will pound to 1/4 inch thickness for you.

4 veal chops (approximately 8 oz each) — as above  
 6 tbsp. olive oil  
 Minced garlic  
 Juice of 2 limes  
 Marjoram  
 Rosemary  
 Parsley

1. Heat grill or broiler
2. Combine olive oil, lime juice, garlic and sprinkle with above herbs to taste.
3. Season both sides veal chop with salt and pepper (so both sides taste good) and place in mixture to coat both sides.
4. Marinate 1-2 hours
5. Cook about 2 minutes each side for medium (3 minutes for medium well)
6. Sprinkle with herbs to taste for plating

## **Quiltmom's Chili**

2 lb. steak cut in cubes the size of dice.

*(Round steak is good but really any beef will do... not the expensive sirloin type cuts)*

2 tbsp. of Olive or Peanut oil to brown the meat.

1 medium sweet Spanish onion (or Vidalia onion) for each pound of beef, sliced in thin rings.

*(I like to use 2 onions per pound but that runs the natural sugars up a bit higher).*

19 oz tin of dietetic tomato sauce *(or paste if you like it really tomato-y)*

2 tsp. Splenda *(make sure you use a sweetener that will keep it's sweet under heating)*

1 jar broken salad olives (green)

*(if you are concerned about salt, pour off the juice...otherwise throw it in too!)*

1 jar (tin, whatever) sliced black olives. *(ditto about salt).*

Chili, black pepper, white pepper and cayenne to taste

*(I use the commercial "2 Alarm Chili Mix" because it has a small packet of Masa flour (yellow corn flour) which adds a definite taste. Even though corn flour is high carb there is only about half a teaspoon in the packet and that's all you need).*

A dash of liquid smoke if you like

Mushrooms if you like

Shredded cheese (whatever kind you like...Monterey jack or sharp cheddar or whatever)

*To prepare...*

Brown the meat chunks, then add the remaining ingredients, except the cheese. If you are using a heat resistant AS add it early if not add it last thing before serving. Simmer until the onions are almost dissolved (mushed, as my kids say) It's done when the onions disintegrate. Serve with the cheese on top.

It's really an easy recipe. Exact carb content depends on the amount of onions you like but given that one large onion has about 13 g, even if you used two for each pound of meat that would give about 8 large servings of less than 5 to 7 grams total carbs.

**Induction Chili – from Joyce Moore**

Since my hubby and I are just finishing up Induction, we can't have tomato juice. So our recipe is:

Two onions

6 cloves garlic

Sauté the onions and garlic in oil till limp:

Brown 3 pounds beef of choice.

Add:

6 tbsp. chili powder

1 tbsp. cumin

3 cups beef bullion (we like Knorr's, very low carb and no sugar like the cheap ones)

Cook till beef is tender and liquid has been boiled down to consistency of your liking. Very good and quite low carb. I would say it makes about six servings. I know the last batch we made lasted for three meals.

**Veal and Artichoke Ragout – from Jennifer**

3T flour ( I used 1/2 regular and 1/2 soy flour)

1tsp. paprika

1/2 tsp. salt

1/2 t tsp. dried basil

1/2 tsp. dried rosemary

1/4 tsp. pepper

2 lbs. boneless veal stew meat cut into 1 inch cubes

1/4 c vegetable oil, divided

1/2 lb. fresh mushrooms, sliced (I used about 1/2-2/3 this amount)

8 oz. chicken broth

1 cup Chablis

14 oz artichoke hearts, drained, quartered

Combine: first 6 ingredients in a bowl or ziploc bag: add veal, tossing to coat

Heat: 2T oil in a Dutch oven over medium heat; add half of veal. Cook until browned, stirring often. Remove veal.

Repeat procedure with remaining oil and veal, reserving remaining flour mixture. Remove veal and set aside.

Add: Mushroom to Dutch oven and cook until tender, stirring often. Stir in reserved flour mixture; cook 1 minute, stirring constantly. Stir in chicken broth, wine, and veal.

Bring: to a boil. Cover, reduce heat, and simmer 1 hour. Add: Artichokes; cover and cook 10 to 15 minutes, stirring occasionally.

Yield: 6 cups

Three servings = two cups each serving.

Per serving: Cals 843 Fat 33g Carbs 10g Pro 109g

Chol 440mg Fiber 2.4g Sod 1039mg

Mushrooms and artichoke hearts provide the bulk of the carbs.



**Spinach and Bacon Stuffed Pork Tenderloin – from Jennifer**

|  |                                      |
|--|--------------------------------------|
| 1/2 c finely chopped onion               | 1/4 t pepper                         |
| 1 clove garlic minced                    | 2 (3/4 lb.) pork tenderloins trimmed |
| Cooking spray                            | 2 T Dijon mustard                    |
| 1 c sliced fresh mushrooms               | 2 t dried rosemary, crushed          |
| 10 oz frozen spinach, thawed and drained | 1 t dried oregano                    |
| 4 slices bacon, cooked and crumbled      | 1 t dried thyme                      |
| 1 T Dijon mustard                        | 1 t pepper                           |
| 1/4 t salt                               | 1/2 cup Chablis                      |

Cook onion and garlic in a pan sprayed with cooking spray, over medium heat, stirring constantly, until onions are tender. Add mushrooms and cook, stirring constantly, 3 minutes. Stir in spinach and next 4 ingredients. Set aside.

Slice each tenderloin down the center, lengthwise. Cut almost to, but not through the back side. Cover with plastic wrap and pound into a 12"x8" rectangle.

Spoon 1/2 of spinach mixture over tenderloin up to 1/2" of edges. Roll jellyroll style, starting with the short side. Tie with strong string @ 1 1/2" intervals. Repeat with second tenderloin.

Combine 2 T mustard and next 5 ingredients; spread evenly over both tenderloins. Place seam side down in a shallow pan coated with cooking spray. Add wine.

Bake at 350 for 45 minutes. Let stand 10 minutes, cut strings before slicing

Maybe 15-20 grams for the whole batch....excellent for leftovers!

**Danielle's Boneless Pork Chops with a \*BAM\***

Boneless pork chops of any quantity  
 Cayenne Pepper  
 Black Pepper  
 Garlic Powder  
 Parsley  
 Ground Rosemary  
 Salt  
 Red Wine Vinegar

Spray a pan with Pam. Sear the pork chops before seasoning. Add as much of each spice as you would desire. Add some more spices as they cook and you turn them over and over again in the pan. You'll notice that some of the spices will begin to stick to the pan. That's okay. Toward the end cover the pan to finish cooking. Take the pork out put in a covered dish.

Turn up the heat to Medium High under the pan. You'll see it start to brown add about 14 - 12 cup of water. Start to scrape up the flavoring that is stuck to the pan. Continue to let it simmer as you make sure you scrape everything off the pan so that it mixes with the water. Let this cook down so that it is nice and dark brown. next give a splash of the red wine vinegar.

Cook that down a bit before pouring over the pork. Make sure you use a spatula so that none of the delicious seasoning stays behind in the pan. As far as I can tell this has virtually no carbs. Since I just add a little spice and not in measurable teaspoons it really shouldn't count as more than 1 gram for the entire dish.

**Danielle's Spicy South Philly Pork Roast**

1 Pork roast of any size you desire - no bone  
 Black Pepper  
 Grated cheese  
 Hot Peppers  
 Bay leaf  
 Garlic Cloves  
 Salt

Slice the roast 3/4's of the way around and open. There you add all of your seasoning. Be generous. Include bay leaves, garlic, grated cheese, black pepper and a dash of salt. and two hot peppers (fresh, not the ones in the jar). Poke holes in the pepper. Flip the pork back to closed so that the spices are now in the middle. Tie the pork up with some white string. Tie it lengthwise, and then a few times across the middle each time making a knot. On the outside of the roast make little cuts and put in fresh chunks of garlic. Put a hot pepper with holes on the top with some bay leaves.

In the bottom of the pan put a cup of water and 2 more hot peppers with holes. Cover and place in a preheated oven that is 400 degrees. Turn down to 325 as soon as you put the pan in. Cook according to poundage (Found in any cookbook). One hour before it is finished take pan out of oven. Remove roast to a dish. The peppers in the bottom of pan will be charred. Toss them out. The bottom of the pan will have dried up and will hardly be wet. Put in some water, about 1/2 to 1 cup. Add a dash of salt. Cook on the burner till it comes to a boil and scrape up all the drippings in the water. Let it cook for a while as you go and open your roast up. Toss the bay leaves, remove the hot pepper. Pork should be so moist that it actually shreds. Just use a fork to shred the pork unto pieces. Place in the pan. Take the pepper that was in the roast, chop up and put in the pan too, Cover and cook in the oven for about an hour more.

This will give you some spicy tasty pork roast! I usually top this with some freshly grated sharp-provolone or locatelli cheese. Tis Good!

**Baked Keilbasa with Sauerkraut – from Terri Kaufman**

Preheat oven to 350  
 One bottle of Sauerkraut (25 oz) (approximately 3.5 carbs in the whole bottle)  
 Mix Sauerkraut with 1-2 cups Sour Cream.  
 Saute 1/4 of a cut up Onion in butter till golden.

Saute 2 whole Kielbasa sausages sliced, in the same pan, or use a cooked corned beef cut up in bite size pieces.

Pour this mixture over the Sauerkraut/Sour Cream and mix in.

Grate Jack Cheese (I used another hard white cheese) over the top to taste and bake at 350 for 1/2 hour.

This is one of those foods we felt was “to die for” and here we are now eating it.

**Diem's Meatloaf Lasagne**

I don't have a clue of the carb count, but I was trying to use up leftovers.

- Take left over meatloaf and make slices 1/2 inch thick. Layer on square cake pan.
- Take 1 Cup ricotta or cottage cheese and 4 eggs and beat together.
- Pour half of cheese mixture on top of meatloaf. You could sprinkle mozzarella and cheddar cheese on top of ricotta cheese sauce if you want.
- Place another layer of meatloaf, then pour the other half of cheese mixture on top.
- Bake 350 for about 1/2 hr or until cheese mixture is golden.
- Serve with low carb pasta sauce. I just take a can of Dole or Delmonte diced tomatoes and put that on top. it says 5grms of carbs for 1/4 cup on the can. Serves 6 - Enjoy

## **SweetPea's Mexican Burger**

1 hamburger patty  
1 tsp. sour cream  
1 tbsp. salsa  
1/4 cup of shredded cheddar cheese

Cook hamburger patty and done clear through. Remove from pan and place on a microwave safe plate. Top with salsa, cheese, and sour cream. Cook in microwave for 20-30 seconds.

I added 1 carb for the cheese, 1 carb for the sour cream, and 1 carb for the salsa.. for a total of 3 carbs. It might actually be a little less than that.

## **Leg of Lamb Options**

- I just stud it w/ slivers of fresh garlic & rosemary, salt & pepper. Roast on a rack with some white wine & chicken broth to baste with. I love lamb so don't like sauces, etc that cover the taste of the meat. – from Debbie
- I marinate it in herbs, vinegar and oil and then cook it on the grill on a very low heat until medium rare. I get raves for it! - from Cheryl
- I just baste occasionally with its own drippings. I cut several deep slits in the roast and stuff them with a mixture of chopped garlic, rosemary, salt, and pepper, and pin the slits closed with toothpicks, then roast until medium rare on the meat thermometer. – from Jamie
- outside, I think. I also coat the outside with a bit of olive oil. And when you put the rosemary on, rub it between your hands first. This releases the oils from all herbs. And yes, rare is the ONLY way to go with lamb! – from Jeanette
- Take a paring knife and make about 12 1 1/2" deep holes in the leg of lamb. Stuff a whole clove of garlic in each hole. Rub leg all over with olive oil, salt, pepper, crushed garlic and rosemary. Drizzle it LIBERALLY with lemon juice, put it in the fridge overnight, hit it with the lemon juice again and put it in the oven till the smell drives you crazy! (At this point it should be a nice pink inside with a lovely crispy outside. ) - from Devinesob

## **Tina's Garlic Sausage**

Although making this sausage is a multi-day procedure, it only takes a minute or two each day. You end up with a delicious filler-free sausage that is great for snacking, dipping or using as a base for canapés.

5 pounds ground beef (or 4 pounds ground beef + 1 pound ground pork)  
 4 tsp. salt  
 1 1/2 tsp. Splenda or equivalent sugar substitute  
 1/4 tsp. potassium nitrate (saltpetre) – can be purchased at a pharmacy  
 1 tbsp. mustard seed  
 1 tbsp. coarsely ground pepper  
 1 tbsp. garlic salt  
 1 tsp. Hickory salt

**Day 1:** Mix all ingredients thoroughly, cover and refrigerate.

**Day 2:** Remove from refrigerator, and knead meat mixture well with hands for a few minutes, return to refrigerator.

**Day 3:** As Day 2

**Day 4:** As Day 2

**Day 5:** Shape the meat mixture into 6 rolls, about 8 inches long, and 1 1/2 to 2 inches across. Place on rack over a cookie sheet and bake for 8 1/2 hours at 200 degree Fahrenheit. Remove from oven: cool to room temperature, then wrap each sausage in plastic wrap and refrigerate. This makes a firm “cured” sausage with excellent keeping qualities.

Notes and Variations:

- Don't fool with the quantities of the spices in the original spice list. The salts and the potassium nitrate are required to “cure” the meat. If you do not like the taste of garlic, replace the garlic salt with onion salt or table salt (the key is that it must be a salt, not a powder).
- Experiment with additional flavorings. The addition of thyme, rosemary, tarragon or sage will give the sausage more of a European flavor. Onion powder might be an interesting addition. Basil and oregano will add an Italian taste. The addition of cayenne, dried crushed chilies and/or paprika will make a good pepperoni-type sausage.
- If you want to make several flavors of sausage from this recipe, make the original version, and let it cure for the required time. On Day 5, separate the meat mixture into six portions, and add different spices to each portion of the meat (kneading spices thoroughly into the meat mixture) to end up with a variety of sausage flavors.
- To taste for additional flavorings, take a small pinch of the meat mixture, flatten into a small patty and cook in small frying pan until done. Although the texture will be different than the finished sausage, it will be a fairly accurate reflection of the final flavor. Add more seasonings to taste.
- This sausage freezes well.

This sausage, in any reasonable serving size, has close to zero grams of carbohydrates and is appropriate for induction.

**Scott's Salisbury Steak**

1 can Campbell's Cream Of Mushroom Soup  
1 Tbsp. Prepared Mustard  
2 tsp. Worcestershire sauce  
1 tsp. horseradish  
1 egg  
1/4 cup onions (optional.. tastes fine without)  
1/2 tsp. salt  
1.5 lbs. ground beef  
2 Tbsp. oil  
1/2 cup water  
Parsley

In a bowl combine soup, mustard, Worcestershire sauce and horseradish. Set Aside.

In another bowl, lightly beat egg. Add onion, salt some pepper, and 1/4 cup soup mixture. Add beef and mix well. Shape into 5 or 6 patties and brown in oil. Drain oil. Combine remaining soup mixture and water. Pour over patties and cook covered for approximately 15 minutes or until meat is done. Sprinkle with parsley before serving if you wish.

The original recipe used breadcrumbs and onions. I didn't have any problems with the patties falling apart without the bread crumbs. They taste just fine without the onions if you want to cut a few carbs. Since it's hard to buy 1.5 lbs. of beef, I buy 2 lbs. and make 6 patties. I put 1/3 cup of soup mixture in the beef.

Carbs are about 26 for the whole recipe without onions.

**"Hamburger Helper" – from Susan Capps**

Slightly more than a pound of scrambled hamburger, cooked & drained

1 bag frozen cauliflower, thawed and cut into little pieces

Sprinkle of dry mustard, sprinkle of garlic powder, sprinkle of salt (you can use pepper too)

Cheese sauce (2 tbsp. butter, 1 tbsp. flour, 1/2 cup milk, a little water, 8 oz cheese — basic cooked cheese sauce but w/ less flour and milk)

Grated cheese on top

Mixed it all up, stuck in oven for a little while (til husband got home and we decided to eat), about 1/2 hr... his verdict = GREAT DINNER

## Chapter 8 - Poultry Main Dishes

### **Chicken With Crunchy Vegetables**

Yield: 4 servings

3/4 pound skinned, boned chicken breast, cut into 1-inch pieces  
1/4 cup low-sodium teriyaki sauce, divided  
1 teaspoon dark sesame oil  
1 cup diagonally sliced celery  
3/4 cup thinly sliced carrot  
1 clove garlic, crushed  
1 cup coarsely shredded red cabbage  
1 (8-ounce) can sliced water chestnuts, drained

Preparation time: 10 minutes

Combine chicken and 1 tablespoon teriyaki sauce in a bowl; stir well. Let stand 10 minutes. Heat oil in a nonstick skillet over medium-high heat. Add celery, carrot, and garlic; stir-fry 1 minute. Stir in cabbage and water chestnuts; remove from skillet. Add chicken; stir-fry 3 minutes. Add remaining teriyaki sauce; stir-fry 1 minute. Return cabbage mixture to skillet; stir-fry 1 minute or until done. Yield: 4 servings (serving size: 1 cup).

Nutritional Information: CALORIES 159 (13% from fat) / PROTEIN 21.7g / FAT 2.3g (SAT 0.5g, MONO 0.7g, POLY 0.8g) / CARB 12g / FIBER 1.8g / CHOL 49mg / IRON 1.6mg / SODIUM 395mg / CALCIUM 42mg

### **Lo-carb “Club Sandwich” by Andrea Frankel**

2 large chicken breast halves, cooked, bones and skin removed - dice into cubes  
1/2 lb bacon, fried very crisp, drained - crumble into largish pieces  
2 tomatoes - cut into small cubes  
Generous amount of mayonnaise to bind  
Salt & pepper to taste  
Optional pinch of celery seeds  
8 large leaves of Romaine lettuce left whole, washed, dried, and crisped in fridge

Mix first group to make chicken salad, and use the Romaine leaves like taco shells to eat it with. Serves two for a light supper.

### **Fried Chicken from Carol Hillman**

I make fried chicken with pork rinds. I put the pork rinds in a Zip-loc bag and smash them with rolling pin or something. Then dip chicken in beaten egg and put into bag. Shake bag to coat chicken. Coating does stay on during frying.

### **Renee's Buffalo Chicken Wings (Anchor Bar & Restaurant, Buffalo, NY)**

Here is the original recipe created by Ms. Teresa Bellissimo, owner of the Anchor Bar and Restaurant, in Buffalo, NY. It is taken from Totally Hot! The Ultimate Hot Pepper Cookbook.

4 to 5 lbs. Chicken wings  
 Freshly ground black pepper  
 Salt (if desired)  
 4 C Vegetable Oil  
 4 Tbsp. butter or margarine (1/2 stick)  
 5 Tbsp. Louisiana-brand hot sauce or Tabasco sauce  
 1 Tbsp. white wine vinegar

1. Chop off the tip of each chicken wing, and discard it. Chop the wing in half (cutting at the joint) to make 2 pieces. Grind on fresh black pepper and sprinkle with salt if desired.
2. Heat the oil over high heat in a deep skillet, Dutch oven, or deep-fat fryer until it starts to pop and sizzle (around 400 degrees F). Add half the chicken wings and cook until they're golden and crisp, stirring or shaking occasionally. When done, remove them to drain on paper towels and cook the remaining wings.
3. Melt the butter or margarine over medium heat in a heavy saucepan, add the hot sauce and the 1 tablespoon of vinegar. Stir well and remove from the flame immediately.
4. Place the chicken on a warm serving platter, pour the sauce on top, and serve.

### **Steve's Fried Chicken Wings**

I have been told of the following recipe for buffalo style fried chicken wings. Dredge the wings in butter and Tabasco Sauce. Deep fry the wings until browned. If done properly they will compare favourably with anchor bar wings. Best of all - low carbohydrates!

### **Bibi's Chicken Parmesan with Spinach**

2 skinless chicken breasts  
 1 package frozen spinach  
 1 cup mayonnaise  
 1 cup Parmesan cheese  
 3/4 Cup Sour Cream  
 1 tsp. ground pepper

Poach chicken till slightly done. Cool and cut into bite size pieces. Micro wave frozen spinach till thawed, drain. Mix Parmesan/mayonnaise/sour cream together. Place chicken and spinach (mixed together) in bottom of 9x12 baking dish. Spread Parmesan/mayonnaise/sour cream mixture on top. Bake uncovered 350 for 35 minutes or till edges are browned. Great for lunch at work if you have a microwave.

Don't know carbohydrate count, but I figure it has to be pretty low

### **Jan's Chicken Cacciatore**

1 chicken cut up (I like to use boneless, skinless chicken pieces)  
 1/4 cup olive or vegetable oil  
 1 large onion, chopped  
 1 large green pepper sliced into strips  
 2-3 garlic cloves, minced  
 Fresh mushrooms, sliced  
 1 6 oz. can tomato paste  
 2 cups hot water  
 1/4 cup dry red wine  
 1 bay leaf  
 1/4 tsp. allspice  
 Salt and pepper

Sprinkle chicken with salt and pepper and brown on all sides in the oil. Remove from the pan and drain on paper towels. Add the onion, garlic mushrooms and green peppers-cook, stirring for a few minutes until the onion begins to wilt. Place the browned chicken pieces into a large ovenproof casserole (I use a roasting pan with a lid) pour the onion-pepper mixture over the chicken. In the same frying pan or a saucepan, mix the tomato paste, water, wine, bay leaf and allspice-mix well. Pour over the chicken, cover and bake in a 350° oven about 1 hour or until the chicken is done then uncover the chicken and bake an additional 30 minutes for the sauce to thicken. This can also be cooked stovetop, just cook slowly until the chicken is done and the sauce thickens.

### **Ron's Chicken Dish**

Over medium heat in a large saucepan begin browning chicken breast(s) in whatever blend of butter/olive oil suits your taste. Shortly before the chicken is ready to turn, and you will want some brown on this side, add more butter/olive oil and pile in onions and peppers sliced fine, use whatever ratio you like and mix a bit a red pepper in with the green (or not). Stir and sauté, you'll need to turn the chicken, add some crushed garlic, continue sautéing until onions are clearing and peppers are lightly cooked. Add salt, pepper and any other seasoning you like. Now dollop in sour cream, and stir into the veggies we want a nice quantity of sauce from this, season again, stirring regularly. If you like now is the time to splash in some white wine. Let cook for a few more minutes.

Put chicken on plate, pile veggies over it with a fork and then pour the sauce over the whole thing. This is killer.

### **Chicken in Garlic Sauce (Pollo al Ajillo)**

1/2 cup olive oil  
 2 1/2-3 pounds chicken, cut in small serving pieces  
 Salt  
 2 tbsp. garlic powder  
 1/2 cup water  
 Juice of 1 lemon  
 Few strands saffron, diluted and crushed in very small amount of water

Heat oil in large skillet. Add chicken pieces and cook over moderate heat until golden brown. Place chicken pieces in large, shallow casserole. Salt. Pour off all but 4 tablespoons of oil in skillet. Add garlic powder. Stir in water and bring to boil. Pour over chicken. Add lemon juice and saffron. Cook, covered, over low heat about 15 minutes or until meat is tender. Serve, spooning sauce over chicken.

carbohydrates



**Curried Breast of Chicken with Pecans and Peppers – from Tina MacDonald**

2 whole fryer breasts (3/4 pound each), boned, skinned and cut in 1/2 inch  
 4 tsp. flour  
 4 green onions, each with 1 inch of green, thinly sliced  
 1/2 large green pepper, finely diced  
 2 tbsp. pecans, coarsely chopped  
 1 tbsp. curry powder  
 1/2 tsp. salt  
 1 tsp. Splenda  
 1/2 tsp. Knorr's chicken stock base mixed in 1/4 cup water  
 2 tbsp. peanut or corn oil

Prepare chicken. Place the flour in a zip-lock bag. Add diced chicken, close bag and shake to coat. Let stand while preparing the vegetables and pecans and measuring the rest of the ingredients. Have oil ready to go. Heat skillet or wok to high. When the pan is hot, add the oil. It should begin to sizzle at once. Quickly add the green onion, and stir-fry for 30 seconds then add the green pepper and pecans. Stir-fry for 1 minute. Add the curry powder, salt and Splenda. Reduce heat to medium low and stir rapidly for 1 minute to blend. Add the chicken and return heat to medium high. Stir-fry for 2 minutes until chicken loses its pinkness. Add the stock or water and blend well for 1 minute. Remove from heat and serve.

Serves 6 as part of buffet.

Total calories – 1009 Total carbohydrates – 18.2 grams

Per serving: Calories – 169 Carbohydrates – 3 grams

**Balsamic Chicken**

1 Lb. boneless skinless chicken breast  
 1 green pepper  
 2-3 whole garlic cloves  
 Salt and pepper to taste  
 Dark balsamic vinegar  
 Olive oil  
 Mushrooms  
 Onion  
 Italian seasoning

In an aluminum pan pour olive oil then place breasts inside. Then cut pepper into strips, slice onion, toss in garlic cloves and mushrooms. Pour in balsamic vinegar. Let marinate in refrigerator for at least an hour. Then pre heat oven @ 400. Season to taste salt/black pepper, Italian seasoning. Cook until chicken is done.(30 min. or so) All your ingredients can vary to taste. This is really good!!

### **Balsamic Pepper Chicken**

4 boneless skinless chicken breasts  
2 tsp. lemon pepper  
2 tsp. vegetable oil  
1/3 cup balsamic vinegar  
1/4 cup chicken stock  
2 cloves garlic, minced

Sprinkle lemon pepper on both sides of the chicken. In a skillet, heat oil over medium heat. Add chicken and cook for 5-7 minutes on each side or until chicken is no longer pink inside. Remove chicken to a serving platter and keep it warm. Mix vinegar, broth and garlic and add to the skillet. Stir cook over medium-high heat for about 2 minutes or until the mixture is reduced and slightly thickened. Pour sauce over chicken breasts and serve.

Makes 4 servings.

Tip: Double the sauce ingredients if you want extra sauce for dipping.

### **Oriental Sweet and Hot Marinade.**

It's absolutely delicious. If you do use it, keep the BBQ flame at medium and slow cook the chicken for about 20 - 30 minutes.

1/2 cup soy sauce  
1/2 cup water  
1/4 cup sesame oil  
2 tablespoons brown sugar (I use 5 of the tiny little Brown Sugar Twin spoonfuls — the little measuring spoon that comes with the box)  
1/2 cup green onion, finely chopped  
1 tablespoon garlic, minced  
2 tablespoons fresh ginger, grated  
1 teaspoon cayenne pepper

Mix all the ingredients together. Take a large bag and fill with 9 or 10 pieces of chicken... pour the marinade into the bag with the chicken. Seal. Set in refrigerator overnight (at least 8 hours but tastes best if you let it sit for 24).

**Chicken Rollups – from Debby Keen**

2 boneless chicken breasts  
 2 slices Swiss cheese  
 1 cup mushrooms, sliced  
 2 tablespoons onion, chopped  
 Some broccoli spears  
 1/2 cup chicken broth  
 1 tablespoon butter  
 Oregano to taste

Pound the chicken breasts out 1/4 inch thick. If this makes them too big to handle easily, slice lengthways to manageable size.

Put a slice of the cheese on each breast, top with some of the broccoli spears. Roll up jellyroll style, fasten with toothpicks. Mine usually come out looking more like porcupines:)

Heat the butter in a heavy skillet, preferably with a lid. Put the chicken rolls in the butter on low to medium heat and cook for at least 15 minutes, turning frequently to brown on all sides. Chicken should have clear juices. Scrape bottom of pan frequently to loosen up the good stuff:) Broccoli will still be a little crunchy. Pour in the chicken broth, use as much as you would like to have gravy, allowing for a bit of reduction (evaporation) as it cooks. Add mushrooms and onions, and oregano. Increase heat a little and stir from time to time to reduce the sauce. Serve and enjoy.

Carbs count - PLEASE check this for mistakes!! I'm still new at it:) mushrooms (3), onion (2), Swiss - it claims 0 but I usually say (2) chicken broth claims 0 but I say (1), broccoli (2) for a total of 10 grams. Might be another 1/2 gram if you used a lot of oregano.

**Connie's Chinese Chicken Fingers**

1/3 cup lemon juice  
 2 tablespoons reduced-sodium soy sauce  
 2 tablespoons Dijon mustard  
 1 teaspoon peanut oil  
 1/8 teaspoon cayenne pepper  
 1 pound skinless and boneless chicken breasts — 2-each in 8 slices

Combine the lemon juice, soy sauce, mustard, oil and cayenne pepper in a medium-sized bowl. Add the chicken strips and toss well to coat. Cover and refrigerate at least 1 hour, tossing occasionally. Preheat the broiler and lightly grease the broiler pan rack. Place the chicken strips on the rack about 1 inch apart and broil 4-5 inches from the heat for 5 minutes, brushing once with the soy sauce mixture halfway through the cooking. Turn the chicken and broil 5 minutes longer, again brushing with the soy sauce mixture halfway through.

Yield— 4 servings (4 chicken fingers each)

Per serving: Calories 156 Protein 24 g Carbohydrate 0 g Fat 6 g Cholesterol 66 mg Sodium 600 mg

## **Barbecued Chicken**

2 lbs. chicken pieces  
3/4 small onion  
1/3 cup tomato sauce  
1/3 cup nonfat plain yogurt  
3/4 tsp. fresh ginger, chopped  
2 garlic cloves  
1-1/4 tsp. coriander  
1/4 tsp. cayenne pepper (optional)  
1-1/4 whole cloves  
3/4 tsp. cumin seeds  
2-3/4 cardamom pods  
3/4 tsp. salt  
3/4 tsp. garam masala  
1/8 tsp. red food coloring

Remove the skin and all visible fat from the chicken pieces. Cut 2-3 slits, 1 inch long and 1/2 inch deep, in each piece of chicken. Place in a casserole dish and set aside. Cut onion into 4-5 pieces. In a blender jar put onion, tomato sauce, yogurt, ginger, garlic cloves, coriander, cayenne pepper, cloves, cumin seeds, cardamom pods, salt, garam masala and red food colouring. Blend to a smooth paste. Pour the tandoori paste on the chicken and turn pieces to thoroughly coat with spices. Cover with a lid or plastic wrap and marinate in the refrigerator 4-24 hours. Preheat oven to 400 F. Remove chicken pieces from the marinade, saving marinade. Arrange pieces in a broiler pan. Bake uncovered in the middle of the oven for 30 minutes. Turn pieces over and brush with remaining marinade. Bake for 10-15 minutes until chicken is tender. Turn oven to broil. Turn pieces over once again and broil for 5 minutes to get a nice red color. Transfer to a serving platter. Serve with lemon wedges or squeeze lemon juice over the chicken before eating, if desired. Makes 6 servings.

## **Chicken Liver Pate**

Serving Size: 1

1/2 cup butter  
4 ounces cream cheese  
1/2 pound chicken liver  
1 small onion  
2 Tbsp. chicken broth  
2 Tbsp. brandy  
1/2 tsp. paprika  
1/2 tsp. salt  
1 dash cayenne pepper

Bring liver, onions, chicken broth, brandy to boil. Cook 5 min. Put in blender. Add paprika, salt and cayenne pepper. Blend on high. Add butter and cream cheese. Pour in a mold or container. Let stand covered in refrigerator until firm about 3 hours. Serve with Wasa or Pork Rinds.

### **Chicken Thighs – from Irina Garbuzov**

2/3 cup of Mayo  
1 tsp. salt  
1 tsp. garlic salt  
1 tsp. dried crushed rosemary  
3 cups of crushed pork rinds

Mix Mayo with salt, garlic salt and rosemary. Brush chicken with the Mayo mixture and then roll the thighs in the crushed pork rinds. Bake at 350 for 1hour.

### **Easy Garlic Chicken Breasts**

1/4 cup lime juice  
1/4 cup olive oil  
1 Tbsp. minced garlic  
2 boneless, skinless chicken breasts  
salt and pepper

In a medium bowl, whisk together the lime juice and olive oil. Add garlic and season with salt and pepper generously, and add chicken, making sure it is well-coated with the marinade. Marinate chicken, covered in fridge for at least 3 hours and preferably overnight. Preheat oven to 400 degrees F. Remove chicken from marinade and discard marinade. Arrange chicken breasts in a shallow baking pan.

Season with salt and pepper and roast for 25-30 minutes or until chicken is cooked through and the juices run clear when you prick it with a fork. Serves 2.

\*\*This is really simple, but surprisingly good. The chicken is somewhat garlicky and tangy because of the lime juice, but it is not too strong-tasting.

### **Chinese Chicken**

3 lb. chicken  
4 Tbsp. tomato sauce  
2 Tbsp. soy sauce  
1 Tbsp. dry sherry  
1 Tbsp. white vinegar  
1/3 tsp. chili powder  
1 clove garlic, crushed  
1 inch piece green ginger, grated

Wash and dry chicken. Combine the rest of the ingredients together and mix well. Add the chicken, coat well with the marinade. Allow to stand several hours or overnight in refrigerator. Place chicken in a baking dish and pour over marinade. Cover dish with foil. Bake in a moderate oven 1 1/2 hours, remove foil, bake a further 30 minutes, brushing frequently with marinade.

### **Turkey Pate**

1 1/2 lbs. ground turkey  
1/2 lb. salt pork, diced  
5 medium onions, quartered  
2 lbs. pork liver  
3 eggs, beaten  
1 1/2 tsp. salt  
black pepper  
marjoram  
allspice  
beef soup flavour base  
1/2 lb. sliced bacon

Roast liver and onions in a roasting pan for 20 min, or until liver is tender. Discard liquid. Combine turkey, liver, and onion. Grind in a food mill twice, or use food processor. Add eggs, dry seasonings, and beef flavouring to ground mixture, mix well line a loaf pan with bacon slices and pack the ground mixture into the pan on top of bacon. Place remaining bacon on top of ground mix. Bake at 325 for 1 hour. Cool in pan. Remove pate from pan and chill. Slice and serve cold with pickles and horseradish. This works well with pork, too!

### **Cheryl's Soy Wings**

5 lbs. of wings  
2 bottles of Kikkoman Soy Sauce  
1 Bottle Lea and Perrins Worcestershire  
4 packets Splenda  
3/4 bottle of dry white wine  
8 cloves of garlic, minced  
Hot sauce to taste (optional)  
Few drops of Liquid Smoke  
1/2 to 1 cup of olive oil

Combine all the ingredients, including the wings and marinate at least overnight. Grill on low 1-1 1/2 hours or until done. (Depends on how hot your grill is-sometimes I get them done in 1/2 hour) We figure about 3.7 grams carbohydrate per serving. And this serves about 8 persons. I know the ingredients sound like a TON of carbohydrates, but keep in mind you are NOT eating all of this—it is a marinade and basting sauce. You get very little of the carbohydrates. Much better than hot wings IMHO

### **Coconut Chicken Bites**

1 pound chicken breasts, cut into 2" or 3" pieces  
1 cup flaked or shredded coconut  
1/2 cup flour (soy flour???)  
1/2 tsp. salt  
1/4 tsp. black pepper  
1/4 tsp. garlic powder  
1 egg lightly beaten  
1/3 cup butter, melted

Heat oven to 400:. Mix flour, coconut, salt, pepper and garlic powder together. Dip chicken bites in the egg then in the flour mixture. Place the chicken bites onto a greased cookie sheet or baking pan. Drizzle with melted butter. Bake approx. 25 minutes or until the chicken is browned and cooked through. Turn once during cooking. This is good served with an apricot or plum dipping sauce.

**Mushroom Chicken – from Tina MacDonald**

12 chicken thighs  
Salt and Pepper  
Paprika

***Sauce:***

1/4 cup butter  
1/2 pound mushrooms, sliced  
1 tbsp. flour  
1 tsp. soy sauce  
3/4 cup whipping cream

Preheat oven to 350 F. Place chicken thighs on a rack over a large cookie sheet. Season with salt and pepper to taste. Generously dust with paprika. Bake for one hour.

To make sauce, melt butter in large skillet. Add mushrooms; sprinkle with flour, toss mushrooms to distribute flour. Sauté over medium heat, stirring occasionally for 8 to 10 minutes. Add soy sauce, and slowly stir in cream. Cook and stir till mixture bubbles and thickens. Season to taste with salt and pepper. Serve over baked chicken thighs.

Total Calories: 1,164 Carbohydrates 25.8

Per serving: Calories: 194 Carbohydrates: 4.3

**Kitty's Sausage and Mushroom Dressing**

4 onions, thinly sliced  
2-4 T. Olive Oil  
4 cups of mushrooms (oyster or regular white mushrooms will do)  
Salt and pepper  
1/2 cups dry white wine or fresh chicken broth  
2 tbsp. butter  
2 lbs. turkey sausage  
Tarragon

Sauté the onions in olive oil over medium/low heat until caramelised for about 30 minutes. Turn up the heat and add the mushrooms. Sauté them until crisp around edges, about 10-15 minutes. Season with salt and pepper. Turn the heat on high and add wine (or chicken broth). If you are using wine, let it cook off.- if you use chicken broth, just add it...and let simmer.

Let this simmer, mushrooms and all, for about 10 minutes, then add the butter..1tablespoon at a time until combined. Remove from heat and set aside. Then brown the sausage. After it's cooked thoroughly add to the mushroom mixture along with the tarragon or sage and combine thoroughly. Then, either stuff it in your turkey or bake like regular dressing.

**Laurie's Parmesan Chicken Wings**

1 cup grated Parmesan Cheese  
2 tbsp. chopped parsley (or 1 tbsp. dried parsley flakes)  
2 tsp. paprika  
1 tsp. dried oregano  
1/2 tsp. dried basil  
1/4 tsp. salt  
1/4 tsp. pepper  
1/2 cup (1 stick) melted butter  
1 pound chicken wings, disjointed and tips removed

Preheat oven to 350°. In a big ziplock bag, combine parmesan cheese and spices, and shake to mix. Pour melted butter into a shallow bowl. Dip wings (a few at a time) into the butter, then put into the bag and shake to coat. Place the chicken on a baking sheet and bake for 45 minutes.

**Laurie's Delmonico Chicken**

3 lbs. cut up chicken pieces  
Pepper  
4 tablespoons butter - at room temperature  
1 teaspoon dijon mustard  
1 teaspoon red wine vinegar  
1/2 teaspoon paprika  
3/4 cup crushed pork rinds

Rinse chicken and pat dry. Season liberally with salt, and broil 6 to 8 inches from heat for 5 to 7 min per side, until skin is browned. Remove from the oven and reduce the heat to 350°.

Blend butter with mustard, vinegar and paprika.

Arrange chicken, skin side up, in a large baking dish. Brush with the butter mixture. Sprinkle the pork rinds over the top. Bake 15 to 20 minutes, until topping is browned and crisp.

**Laurie's Oven Fried Chicken**

1 chicken (approximately 3 lbs.) cut up  
2 eggs, slightly beaten  
1/8 cup heavy cream  
1/8 cup water  
2-1/2 cups crushed pork rinds (takes a 3 oz bag)  
1 teaspoon poultry seasoning  
1/2 teaspoon pepper  
5 tablespoons butter, melted

Preheat oven to 350°. Rinse chicken and pat dry. Mix together eggs, cream and water in a shallow dish. Mix pork rind crumbs, poultry seasoning and pepper in another shallow dish. Dip chicken pieces in the egg/cream mixture, and then dredge in the pork rind mixture to coat evenly. Arrange chicken in a 9 x 13 baking dish. Drizzle with the melted butter. Bake uncovered for one hour.



**Easy Oven Chicken – from Brenda Laughlin**

Serves 4

1 roasting chicken, cut up  
1 teaspoon garlic powder  
1 teaspoon oregano  
1 teaspoon dried parsley  
1 teaspoon tarragon  
1/2 tsp. poultry seasoning  
1/2 teaspoon paprika  
1/4 teaspoon black pepper  
2 tablespoons margarine  
1 teaspoon creole seasoning

Wash and arrange the chicken pieces in an oven-proof baking dish. Sprinkle with all spices. Dab margarine on top of the chicken. Bake covered in a 350 oven for 30 minutes. Remove cover and bake an additional 10 minutes. Serve with broccoli and faux mashed potatoes.

Per Serving: (2 pieces)

Protein                80.2g  
Carbs:                1.2g  
Dietary Fiber:        0.3g

**Italian Ground Turkey Turine – from Jackson Stevens**

1-1/2 lbs. ground turkey  
Italian herb seasoning (Your tastes)  
1 egg  
1/2 cup crushed pork rinds  
Parmesan cheese  
1/4 lb. Mozzarella cheese  
1/2 cup tomato sauce  
Sliced olives

Mix ground turkey, egg, seasoning, Parmesan, pork rinds and a little tomato sauce together in a large bowl. Press meat out into a square onto greased foil on a baking sheet to form a rectangle about 1/2 an inch thick. Layer mozzarella and remaining tomato sauce, Parmesan and the olives on top of the turkey. Now, roll the turkey inwards onto itself to form a roll. This can be tricky, so take your time. Preheat oven to 400 degrees and bake for about 45 minutes to 1 hour. When done, let the turine rest for 15 minutes and slice on a bias and serve with tomato sauce on the side. Enjoy!

## **Luci's Soothing Lettuce Wraps**

2 breasts of chicken, boneless and skinless, sliced into fajita strips  
1 Portobello mushroom cap, stem removed and diced finely (1/4" dice)  
1/2 onion, finely diced  
3 green onion tops, sliced  
1/2 cup diced water chestnuts  
1/2 cup bean sprouts  
1 clove elephant garlic, minced (or 1/4 tsp. minced regular garlic)  
Olive oil  
Sesame oil  
Chili oil  
Soy sauce (find the lowest carb one, duh :) )  
Salt  
A head of iceberg, or some romaine hearts

### ***Sauce:***

1 cup 0-carb chicken broth  
1 tsp. HOT Chinese mustard  
2 tsp. regular yellow mustard  
red pepper flakes  
Chili oil  
1 packet Equal

Sprinkle the chicken with just a tad of salt; Heat 2 Tbsp. olive oil, 1 tsp. sesame oil, and a sprinkle of chili oil in a big skillet. Sear the chicken in the hot oil, then turn down heat and cook until done; set aside to cool, then dice.

In the same oil, sauté the onions until tender. Add the mushrooms and a little water, then cook until they are soft. Add the garlic and green onion tops, stirring constantly so that the garlic doesn't burn. Throw in the water chestnuts and the sprouts, mix well, and add 2 Tbsp. soy and a little more chili oil. Add back in the diced chicken, and Voila! There's your filling. Adjust the seasonings to your taste.

Nuke the chicken broth till piping hot, then whisk in the mustards, Equal, red pepper, and chili oil. Add enough soy sauce to make it taste the way you like.

Using a lettuce leaf, fill it with filling and top with a spoon or two of sauce. YUM!!!! Heaven! Hope you all enjoy!

**“Delightful Chicken Dish” – from Paul Cook**

4 larger chicken breasts pounded flat  
 Several sprigs chopped fresh tarragon (more or less to taste)  
 Juice of 1 lemon  
 Zest of same lemon, minced fine  
 Garlic to taste (12 cloves for me, no vampire problems so far)  
 Butter, lots of it! I used a whole stick  
 2 finely chopped shallots  
 1 pound mushrooms sliced  
 2 cups rich fatty chicken stock  
 Salt - not needed but add to taste

Sauté chicken till 1/2 cooked in 1/4 cup or more butter. Remove and in juices sauté garlic, shallots, chopped tarragon leaves, lemon zest till wilted. Add mushrooms and sauté till 1/2 cooked. Add more butter if you want! Add broth, bring to simmer and reduce 50%. Add chicken and cook till chicken is just done and still tender. Add lemon juice last and combine well. Serve with garlic fauxtatos (fauxtatoes?) and veggie of choice.

Total recipe: 43grams of carbohydrates

For four servings, 10.75grams of carbohydrate per serving.

**Chicken with Mustard Seeds (Sorse Murgi) from Petra Hildebrandt**

Yield: 4 servings

1 1/2 tsp. salt  
 1 tsp. ground turmeric  
 2 lb. chicken; cut into pieces  
 1 tbsp. brown mustard seeds  
 5 fresh green chilies; roughly chopped  
 4 1/2 tbsp. mustard oil  
 3 tbsp. Cilantro

1. Rub 1 tsp salt and 0.5 tsp turmeric over the chicken.
2. Grind the mustard seeds to a fine powder in your grinder. Put the mustard seed powder, chilies and 0.25 tsp. turmeric into a blender. Add 4 tablespoon water, blend to a smooth paste (N.B., when making this for two and halving the ingredients, it'll fit into the spice grinder so you don't have to dirty up the blender).
3. Heat 3 tablespoons oil in a large pan or wok on high heat. Add chicken. Stir and fry for 10-15 minutes until golden. Remove from pan.
4. Add remaining oil to the pan. When hot add the mustard and chili paste and turn heat down to low. Stir and fry for 3-4 minutes until the oil bubbles on the surface. Add the chicken and the rest of the salt and turmeric. Add 1.25 cups water and bring to the boil on medium heat. Cover and cook for 10-15 minutes until chicken is tender and sauce has reduced to just coat the pieces.
5. Sprinkle the cilantro over and serve.

## **20-Minute Chicken Parmesan**

Ingredients (4 servings)

4 boneless and skinless chicken breast halves  
1 egg, slightly beaten  
1/2 cup crushed pork rinds  
2 tbsp. butter  
1/2 cup tomato sauce  
1/2 cup Shredded mozzarella cheese  
1 tbsp. Grated Parmesan cheese  
1/4 cup Chopped fresh parsley

Using palm of hand flatten chicken to even thickness. Dip chicken into egg then into crumbs to coat. In skillet over medium heat, in hot margarine, brown chicken on both sides. Add tomato sauce. Reduce heat. Cover; simmer 10 minutes. Sprinkle with cheeses and parsley. Cover; simmer 5 minutes or until cheese melts.

Makes 4 servings.

## **Jeri's Beer-Roasted Chicken**

1 whole roasting chicken  
1 can beer  
Olive Oil  
Salt  
Pepper  
Rosemary

Remove the giblets and neck, wash the chicken and pat it dry. Rub olive oil all over chicken and season with salt, pepper, and rosemary or other rotissary spices.

Open beer can, and place chicken on top of can. Beer can should be inserted in cavity of chicken. (Be careful, chicken is slippery.) The can, along with the chicken legs should hold the chicken vertical.

Preheat oven to 375 degrees. Place chicken in a baking dish and put in oven. Bake for 80 min. or until chicken is done. Skin will be crunchy, but meat will be very moist from beer.

Note: When I cooked this, my chicken fell over during last few minutes of cooking because the chicken was so tender, the legs couldn't hold it up anymore. Luckily, my baking dish was big enough that no mess was made. Beer did spill inside the chicken, but it was still very good.

NOTE: The following 22 "Chicken Ideas" recipes were all contributed by Desiree, but come from a variety of mostly unnamed sources.

## **Swiss Chicken**

4 boneless, skinless breasts  
2, 1oz Swiss cheese slice  
2 slices ham lunchmeat  
1/8C mozzarella  
Pork rinds  
2-3 tbsp. grated Parmesan

Flatten out breasts however you need to (I don't have a meat beater), sprinkle with salt, pepper, garlic/onion powder. Place 1/2 slice of ham, 1/2 slice of Swiss and a little of the mozzarella on the breast. Roll up and coat with crushed pork rinds and parmesan mixed. Place in pan with the overlapped edge down. Bake at 350 for approximately 35-45 min. Ahem.....Yummy!!!

**American Chicken Rockefeller by Karen**

1-10oz package frozen chopped spinach  
1 egg, beaten  
1/4 cup grated Parmesan cheese, divided  
1 cup crushed pork rinds or other replacement for bread crumbs  
6 skinless, boneless chicken breasts (I use pre-packaged breasts)  
Salt & pepper to taste  
3 Tbsp. melted butter or margarine

Cook spinach according to package instructions; drain well, and allow to cool. Combine spinach, egg, and 1 Tbs. Parmesan cheese; set aside. Combine pork rinds and remaining Parmesan in shallow pan; set aside. Salt & pepper chicken, brush with melted butter and roll each in pork rind mixture covering completely. Place in a greased 9"x13" baking dish. Place 1 heaping tablespoon of spinach mixture on each chicken breast spreading to form a small mound. Sprinkle with remaining pork rind mixture and drizzle with melted butter. Bake @ 350 degrees for 40 minutes. Yield 6 servings.

**Balsamic Roast Chicken**

1 - 5 to 6 lb. Roasting Chicken  
2 Tbsp. Chopped Rosemary  
2 Tbsp. Salt  
3 Cloves chopped garlic  
Pepper  
1 Red Onion, Chopped  
1/4 cup Balsamic Vinegar  
1/4 cup Red Wine

Heat oven to 350. Clean chicken - remove neck, giblets, and liver. Rinse bird and pat dry.

Rub the rosemary, garlic, salt and pepper on the outside of the bird. Let sit for about an hour. Actually you can do this up to 24 hours in advance so the flavours take hold. Cover and place chicken in the refrigerator.

Sprinkle the bottom of the roasting pan with the chopped onions. Then place the chicken on top of the onions. Pour the balsamic vinegar and the wine over the chicken. Roast in the oven for approximately 2 hours (or 20 minutes per pound). Carve the chicken and serve with the balsamic and onion mixture from the bottom of the pan.

**Sauce for BBQ Wings**

1/2 (10oz) bottle Worcestershire sauce  
1/8 cup hot pepper sauce (2 TBS)  
4 Tbsp. (1/2 stick) butter  
1 scant cup cider vinegar  
1/2 Tbsp. ground black pepper  
1 tsp. salt  
1 tsp. red pepper flakes  
4 garlic cloves, pressed.

Combine all ingredients in saucepan over medium heat and bring to boil Stir well, lower heat and simmer for 10 min, stirring frequently. Cool and refrigerate until ready to use. Keeps for several days

**Buttermilk Pecan Chicken.**

4 boneless, skinless chicken breasts  
 1 egg  
 1 cup heavy cream  
 1 cup ground pecans (I put 2 cups of pecans in a food processor)  
 1/4 cup sesame seeds  
 1/2 teaspoon salt  
 1/2 teaspoon pepper  
 1 teaspoon paprika  
 1/4 teaspoon onion powder  
 1/4 teaspoon garlic powder  
 1/4 cup butter, melted

Between two sheets of waxed paper pound the chicken until fairly thin. In a bowl, beat the egg and add the cream; set aside. In a shallow pan mix the ground pecans, sesame seeds, and spices together. Dip the chicken in the egg mix and roll in the pecan mix. Place in a baking pan. Once finished with all of the pieces, drizzle with the melted butter. Bake at 350 for 40 minutes or until a nice golden brown. Turns out fork tender, juicy, and crunchy.

NOTE: You will have pecan mixture left over, so I don't believe that the carb count could be that high. Save the rest of the mixture in an airtight container or bag in the frig for the next time. This mix is especially good on fish, too.

**Bacon Chicken Wrap by May**

3 or 4 boneless skinless chicken breasts  
 1 package of bacon  
 2 (3oz.) squares of cream cheese (softened)  
 1 medium onion  
 2 Tbsp. butter (melted)  
 2 Tbsp. milk  
 Salt & pepper to taste  
 Toothpicks

Mix cream cheese, milk, salt & pepper together. Chop onions & mix in to mixture. Cut a slot in chicken & stuff mixture inside. Wrap bacon around chicken to where it covers chicken & holds mixture in. Put in casserole dish & bake at 350 for 20 minutes & then broil for the same amount of time so bacon will get done on all sides! Remove toothpicks & enjoy!

**Chicken Broccoli Casserole**

6 cooked chicken breasts (mine were grilled outdoors) 0 carbs  
 1 lb. broccoli florets 16 carbs  
 1 8 oz. Package cream cheese 6 carbs  
 1/3 c heavy cream 3 carbs  
 1/3 c water  
 2 c. shredded cheddar 0 carbs

Dice chicken into bite sized pieces. Cook broccoli according to package directions or to crisp tender. Melt cream cheese with cream and water. Mix drained broccoli and chicken with sauce. Pour into casserole dish and top with shredded cheddar cheese.. Bake at 350 degrees for 30 min.

Makes 6 servings about 5 carbs each.

## **Chicken Cordon Bleu**

4 Large boneless skinless chicken breast halves  
 2 Tbsp. butter or margarine softened  
 1 tsp. dried Thyme  
 4 thin slices Swiss cheese  
 8-12 bacon strips  
 2 eggs  
 1/2 c. milk or cream  
 1/2 c. Atkins bake mix  
 3/4 c. crushed pork rinds  
 1/2 tsp. garlic powder  
 1 tsp. dried Oregano  
 1/4 c. parmesan cheese

Flatten chicken breasts, using a knife to cut from middle towards outside (but not all the way through the side) to form a flap. This helps thin down the chicken where it tends to be the thickest and also makes your working surface larger. Open flap and press flat with smooth side down underneath. Spread butter on the top. Sprinkle with Thyme. Top with a slice of ham and cheese. Roll up tightly. Wrap each with two or three slices of bacon and secure with toothpicks. In a small bowl, beat eggs and milk; set aside. Place Atkins bake mix in another bowl. Set aside. Combine the crushed pork rinds, garlic powder, oregano and cheese. Dip each chicken breast into egg mixture, then bake mix, again into egg mixture and then into pork rinds. Place on greased baking sheet. Bake at 350 Degrees for 40-45 min. or until chicken juices run clear. Yield: 4 serving with less than 5 carbs each.

## **Chicken Low-Carbonara**

Saute chicken breasts in butter sprinkled with seasoned salt, just until browned on both sides (you don't have to cook all the way through).

Place one cup of Ragu Cheese Creations Roasted Garlic Parmesan sauce in the bottom of a foil lined baking pan. Put the chicken on top of the sauce. Cut up several pieces of Canadian bacon and place on top of chicken. Put shredded mozzarella cheese on top of that. Cover with the rest of the sauce.

Bake for 40 minutes at 350 degrees. Yum!

## **Chicken Casserole**

1 broiler-fryer chicken, cooked, skinned, chopped  
 10 ounces frozen spinach  
 1/4 cup finely chopped onion  
 1/2 teaspoons garlic powder, divided  
 8 ounces fresh mushrooms, sliced  
 2 tablespoons margarine, melted  
 1 cup mozzarella cheese

Cook spinach according to package directions, eliminating salt; drain. Mix onions with spinach. Arrange spinach in bottom of 1 1/2 quart baking dish; sprinkle with 1/4 teaspoon of the garlic powder. Arrange mushrooms on spinach and drizzle with melted margarine. Place chicken on mushrooms and sprinkle with remaining 1/4 teaspoon of the garlic powder. Top with mozzarella cheese. Place in 350°F oven and bake for 30 minutes. Makes 6 servings.

Per Serving Calories: 202; Protein: 26 g; Carbohydrates: 4 g; Total Fat: 9.3g; Saturated Fat: 3.3 g; Cholesterol: 74 mg; Sodium: 205 mg

## **Chicken Mushroom Dijon**

4 each chicken breast halves — skinned & boned  
 1 teaspoon Lemon Pepper  
 1/4 teaspoon onion powder  
 1 cup Heavy cream  
 1 tablespoon Dijon mustard  
 1 cup mushrooms  
 2 tablespoons Butter

Sprinkle both sides of chicken with lemon-pepper seasoning and onion powder. In a skillet cook chicken in margarine or butter over medium heat for 8 to 10 minutes, or till tender and no longer pink, turning once.

In a small mixing bowl mix together sour cream, cream and mustard. Pour Mushrooms over chicken, pour mustard mixture over chicken and mushrooms. Stir until sauce thickens and mushrooms and chicken are well coated.

NOTES : Can use 1/3 cup of sour cream and 2/3 cup of heavy cream (instead of 1 cup heavy cream) for a thicker sauce)

## **Delmonico Chicken**

3 lbs. cut up chicken pieces  
 Pepper  
 4 tablespoons butter - at room temperature  
 1 teaspoon dijon mustard  
 1 teaspoon red wine vinegar  
 1/2 teaspoon paprika  
 3/4 cup crushed pork rinds

Rinse chicken and pat dry. Season liberally with salt, and broil 6 to 8 Inches from heat for 5 to 7 min per side, until skin is browned. Remove from the oven and reduce the heat to 350°. Blend butter with mustard, vinegar and paprika.

Arrange chicken, skin side up, in a large baking dish. Brush with the Butter mixture. Sprinkle the pork rinds over the top. Bake 15 to 20 minutes, until topping is browned and crisp.

## **Garlic Lime Chicken**

4 Tyson Holly Farms® Boneless, Skinless Chicken Breasts  
 1/2 cup low sodium soy sauce  
 1/4 cup fresh lime juice  
 1 tablespoon Worcestershire sauce  
 2 cloves garlic, minced  
 1/2 teaspoon dry mustard  
 1/2 teaspoon coarsely ground pepper

Marinating Time 30 Minutes

Cooking Time 15 Minutes

Servings 4

Rinse chicken with cold water and pat dry with paper towels. Place in recloseable plastic bag. Mix together soy sauce, lime juice, Worcestershire sauce, garlic and mustard. Pour over chicken in bag. Close bag and toss to coat well. Marinate in refrigerator 30 minutes. Drain chicken; discard leftover marinade. Sprinkle chicken with pepper.

Spray non-stick fry pan with butter-flavoured cooking spray and heat over medium heat. Add chicken and cook about 6 minutes on each side or until done. Refrigerate leftovers. Note: Chicken may be grilled. It is also delicious served cold.



### **Savoury Kale Stuffed Chicken**

4 whole broiler-fryer chicken breasts, halved, boned  
1/2 medium onion  
1 tablespoon extra virgin olive oil  
2 medium garlic cloves, minced  
4 cups firmly packed kale leaves, ribs removed  
1 pound ricotta cheese  
1 egg, beaten  
1/4 cup chopped parsley  
1 teaspoon salt  
1 tablespoon fresh chopped basil  
1/4 teaspoon freshly ground pepper

In food processor, place onion and process with on-and-off control until onion is chopped. In medium frying pan, place oil and heat to medium temperature. Add garlic and onion; sauté about 5 minutes or until lightly browned and set aside. In large sauce pan, place 2 cups water and a steamer basket. Cover and bring water to a boil; add kale and steam over high heat about 6 minutes or until kale is cooked through. Remove kale and place in food processor. Process with on and off control until finely chopped. Gather into a ball and gently press out excess water. In large bowl, mix together onion and garlic mixture, kale, ricotta, egg, parsley, salt, basil and pepper. Gently loosen skin from one side of breast to form a pocket. Stuff 1/3 cup of kale mixture into pocket of each breast. Tuck skin and meat under breast to form dome shape. Place chicken in buttered glass baking dish. Bake in 350 degrees F, oven about 30 minutes or until fork can be inserted in chicken with ease. Remove from oven and let rest about 10 minutes before slicing and serving. Makes 8 servings.

### **Lemon Herb Grilled Chicken**

1 Tbsp. grated lemon peel  
Juice of 2 large lemons (about 1/3 cup)  
1/4 cup olive oil  
1/4 cup chopped fresh parsley  
2 Tbsp. minced shallots  
1 Tbsp. minced garlic  
1 tsp. chopped fresh thyme  
1/2 tsp. salt  
1/4 tsp. freshly ground pepper  
3 whole chickens (3 lb. each) quartered

Combine the marinade ingredients. Dip chicken in marinade and place in 3 heavy-duty storage bags with any remaining marinade. Refrigerate 4 hours. (Can be made ahead. Refrigerate up to 24 hours. Remove from refrigerator 1 hour before grilling.)

Prepare grill or preheat broiler and broiler pan. Grill over low heat or broil 4 inches from heat source 14 - 30 minutes, turning and brushing with reserved marinade every 5 minutes.

### **Lemon Roast Chicken**

1 Whole Chicken  
Salt & Pepper  
1 tsp. Oregano  
2 Cloves Garlic, Minced  
2 Tbsp. Butter  
1 cup Chicken broth (or water)  
3 Tbsp. Lemon Juice

Remove the giblets and neck, wash the chicken and pat it dry. Salt & Pepper. The chicken and place it in a crock-pot, with the cavity opening towards the top. Sprinkle half the Oregano and Garlic inside the cavity, and half outside. Add and Chicken broth to the crock-pot. Cover and cook on low for 8 hours. During the last hour of cooking add Lemon juice.

### **Parmesan Chicken Wings**

1 cup grated Parmesan Cheese  
2 tbsp. chopped parsley (or 1 tbsp. dried parsley flakes)  
2 tsp. paprika  
1 tsp. dried oregano  
1/2 tsp. dried basil  
1/4 tsp. salt  
1/4 tsp. pepper  
1/2 cup (1 stick) melted butter  
1 pound chicken wings, disjointed and tips removed

Preheat oven to 350°. In a big ziplock bag, combine parmesan cheese and spices, and shake to mix. Pour melted butter into a shallow bowl. Dip wings (a few at a time) into the butter, then put into the bag and shake to coat. Place the chicken on a baking sheet and bake for 45 minutes.

### **Ranch Chicken**

4-5 Boneless Chicken Breasts  
1 pkg. Hidden Valley Ranch Dressing (Buttermilk)  
1/2-1 lb. Bacon  
2 c. Mixed Shredded Cheese

Arrange chicken breasts at bottom of casserole dish. Sprinkle dressing packet on top. Lay bacon across to cover all and top with cheese. Bake covered at 350 for 45 min. Remove foil and bake open for an additional 15 min.

**Sesame Wings**

1/2 cup vegetable oil  
 1/2 cup sherry  
 1/4 cup soy sauce  
 1/4 cup lemon juice  
 2 cloves garlic — minced  
 1/4 cup toasted sesame seeds  
 2 pounds chicken wings  
 Salt - to taste

1. In a blender, combine oil, sherry, soy sauce, lemon juice, garlic, and sesame seed; process until smooth.
2. Salt wings lightly. Place in a large bowl and cover with marinade; refrigerate for at least 1 hour.
3. Preheat broiler.

Broil wings 5 inches from heat for 7 minutes per side, basting once on each side with marinade. Makes about 20 drummettes.

Total Grams: 25.9 Per Serving: (20) 1.3

**Soy Wings**

5 lbs. of wings  
 2 bottles of Kikkoman Soy Sauce  
 1 Bottle Lea and Perrins Worcestershire  
 4 packets Splenda  
 3/4 bottle of dry white wine  
 8 cloves of garlic, minced  
 Hot sauce to taste (optional)  
 Few drops of Liquid Smoke  
 1/2 to 1 cup of olive oil

Combine all the ingredients, including the wings and marinate at least overnight. Grill on low 1-1 1/2 hours or until done. (Depends on how hot your grill is-sometimes I get them done in 1/2 hour) We figure about 3.7 grams Carb per serving. And this serves about 8 persons. I know the ingredients sound like a TON of carbs, but keep in mind you are NOT eating all of this—it is a marinade and basting sauce. You get very little of the carbs. Much better than hot wings IMHO>

**Thank You, Desirèe, for all these recipes!**

**Hot Sauce Breaded Chicken – from MB Hegel**

Crush porkrinds in blender, and add Parmesan cheese (about 1/4 cup Parmesan to 3/4 cup porkrinds, crushed).

Take one boneless Chicken Breast - Flattened (or cut into cubes to make nuggets). Dip chicken in one beaten egg. Then, dip in Parmesan/porkrind mixture.

Fry in oil until brown on both sides. Drain chicken on paper towel.

Melt 1/4 cup butter in sauce pan. Add about 1/2 cup hot sauce, a splash of lemon juice, and a couple of sprinkles garlic sauce. Coat cooked chicken with hot sauce mixture. Serve with blue cheese dressing for dipping

Yummy!

**Cashew Chicken – from Elizabeth**

1 lb. chicken breast cut to bite-size pieces (marinated in soy sauce and dry sherry)  
 1 c. chicken broth  
 2 T vinegar  
 2 T Sugar Twin (or Splenda)  
 4 T soy sauce  
 1 1/4 t sesame oil  
 1/4 t salt  
 1 T not/Starch  
 1/3 c. cashews (approximately 11 carbs?)  
 1/2 t ginger (1/2 carbs?)

Mix 3/4 cup chicken broth, vinegar, Sugar Twin, soy sauce 1/4 t sesame oil, salt and not/Starch. Set aside.

Spray large pan with cooking spray or oil and heat on high. Add cashews and “toast” for about 2 minutes. Remove and set aside.

Heat 1 tsp. sesame oil. Add ginger. Add a little of the 1/4 cup broth. Add chicken. Sauté adding a little more broth at a time to keep moist. Cook approx. 3 minutes.

Add sauce mix and stir until it begins to thicken. Remove from heat and add cashews.

I think its only about 8 carbs per serving if this makes 2 servings.

**TerriDee’s Chicken Broccoli Casserole**

I used 3 chicken (boneless, skinless) breasts, boiled and drained and broken into smaller pieces and placed in a 8 x 8 inch glass baking dish. Next, I boiled some fresh broccoli, drained and layered on top of the chicken. Then, I took about 1/2 jar of Five Brothers Creamy Alfredo sauce and mixed with 4 oz. shredded cheddar cheese and spread over the chicken & broccoli mixture. Baked for 30 minutes at 350 degrees. The kids and I thought it was delicious. You could also add a small amount of onions if you want. Don’t know what the carbohydrate count is but all legal stuff.

**Kitty’s Sausage/Mushroom Dressing for Turkey/Chicken**

(posted by Marcy)

4 onions, thinly sliced  
 2-4 Tbsp. Olive Oil  
 4 cups of mushrooms, oyster or regular white mushrooms will do  
 Salt and pepper  
 1/2 cup dry white wine or fresh chicken broth  
 2 Tbsp. butter  
 2 lbs. turkey sausage  
 Tarragon or sage, to taste

Sauté the onions in olive oil over medium/low heat until caramelized for about 30 minutes. Turn up the heat and add the mushrooms. Sauté them until crisp around edges, about 10-15 minutes. Season with salt and pepper. Turn the heat on high and add wine (or chicken broth). If you are using wine let it cook off. If you use chicken broth, just add it...and let simmer. Let this simmer, mushrooms and all, for about 10 minutes, then add the butter, 1Tbsp. at a time until combined. Remove from heat and set aside.

Then brown the sausage. After it’s cooked thoroughly add to the mushroom mixture along with the tarragon, or sage, and combine thoroughly. Then either stuff it in your turkey or bake like regular dressing.

### **Diva's Chick Tricks**

- Cut up about 5 oz. cooked chicken. Add a strip of cooked bacon, diced, a heaping tablespoon of mayonnaise and mix. Pile on a Portobello mushroom cap. Season with salt, pepper and sprinkle on some grated Parmesan cheese and dried chives. Bake 12-15 minutes in 400 oven.
- Cube cooked chicken breasts. Brush with garlic powder and olive oil. Cook on cookie sheet until brown and crisp and use as croutons in Caesar salad. Who says I don't make positive contributions?

### **Tom's Whole Roasted Chicken**

Take a whole chicken, split it down the back, taking out most of the upper backbone. Salt & pepper it.

In a fairly shallow pan, place aromatic vegetables, such as celery, carrots, onions, etc. (You don't necessarily have to eat them). Place the chicken, breasts up on top of the veggies. Stuff fresh herbs under the skin, such as basil, oregano, rosemary, tarragon, whatever.

Place in a hot oven (400) for about 20 min/pound. The skin will be crispy, the chicken will be moist, and the juice at the bottom will be a gravy good enough to make you slap yer mama. <g>

### **Low Carb Chicken Gravy – from Willy's Papa**

2 heaping tsp. flax seed meal  
1 Tbsp. Protein Powder  
1 1/2 Tbsp. butter  
Drippings from roasted chicken  
Water  
Salt  
Pepper

Take the pan from the roasted chicken, with the chicken drippings and put it on a burner on low heat. Melt the butter in the drippings. Add the flax meal while stirring with a fork. Stir in the protein powder Add water to thin the gravy, thinning it past the thickness you eventually want. Transfer the gravy to a very small saucepan and bring to a boil while constantly stirring. Season to taste with salt and pepper. When gravy reaches desired consistency, serve it hot!!

I count 2 grams of carbs (from the flax seed meal) in the whole batch. I don't know the actual count on the drippings themselves, but I'd guess they're the same as chicken which I believe is zero! Makes just about enough gravy for one chicken.

**Chile Chicken – from Kevin Dow**

4 chicken breasts (bone in, skin on)  
1 tbsp. olive oil  
Fresh herbs (thyme, oregano, marjoram, etc)  
2 tbsp. paprika  
1 1/2 tbsp. cumin  
2 tbsp. chile powder

NOTE: You can use Emeril's Southwestern Rub rather than the spices above

1. Preheat oven to 400 degrees
2. Combine spices (or Emeril's Southwestern Rub) and coat chicken so that all sides taste good
3. Coat pan or ovenproof skillet with oil
4. Place chicken, skin side up and bake 35-40 minutes
5. Remove bone and serve

NOTE: You can use boneless, skinless chicken breast, but make sure to reduce cooking time by 5-10 minutes.

**Roast Chicken Breasts with Bacon – from Brenna**

4 boneless skinless chicken breasts  
4 slices bacon  
Garlic Pepper (or garlic powder and fresh ground pepper)

Just place the chicken breasts in an oven safe pan, sprinkle with garlic pepper, slice the bacon strips in half so that they cover the chicken, and bake for about an hour at 350 till the bacon is crispy. As a variation, place the breasts on grated cauliflower and bake it all together. The bacon juices baste the chicken and flavor the cauliflower. Good technique for basting a turkey too.

**Pork Sausage Stuffing for Turkey – posted by Luminaria**

2.5 lb. pork sausage  
1/4 cup fresh parsley, chopped  
1 clove garlic, minced  
1 tsp. thyme  
1 tsp. salt  
2 eggs, slightly beaten  
1 tsp. pepper  
1/4 tsp. nutmeg  
1 tsp. sage  
1/2 tsp. Tabasco sauce

Brown sausage in a large frying pan, breaking up with a fork. When all the pink is gone and sausage is thoroughly cooked, remove from heat. Drain excess fat from sausage meat.

Add remaining ingredients and mix well. Refrigerate until ready to use. Makes about 5 cups.

## **Crispy Chicken with Honey Mustard – from Anne Van Dyke**

Boneless skinless chicken breasts (I used 4 for family of 5)

Cut each into 4 strips (they are about 2 inches wide each)

First, dip into mixture of:

1/3 cup sour cream (1-2 carb)

2 Tbsp. heavy cream (2 carb)

2 Tbsp. Guldens spicy brown mustard (0 carb)

2 eggs (0 carb)

I added some salt substitute (for potassium) and natures seasoning (salt free) sprinkle both to taste.

About 2 to 3 Tbsp. water to thin to pancake batter-like thickness

Then dip into

Plain pork rinds post food processor

Some more salt substitute and seasoning as desired

I cook these in a glass pan that is sprayed with butter flavored NO carbohydrate cooking spray at 425. I also sprayed the tops of them with the spray ( a trick my grandma taught me) so they are “oven fried” I cook until done (no pink throughout of course) about 25 minutes. Or cook at time and temp your normally cook chicken.

### ***No carb “Honey” mustard sauce..***

1/2 cup real mayonnaise

1 to 2 Tbsp. spicy brown mustard (to taste)

Your favorite sweetener to taste - yes it really sweetens it to make it taste like honey mustard!

Tonight when I made it I added some no carb Caesar salad dressing I had found (I made from a packet) at the store - about 1 Tbsp. - added a nice flavor.

Just experiment with the above... there are no carbs in it and boy does REAL mayonnaise beat the low fat junk I have eaten for so long!! Add above ingredients to taste. If you have added too much sweetener as I did, add a little more mustard to balance out. I used powder equal. Will try stevia next...

My calculations are that there are less than 10 carbs for the whole thing!!

## **Chicken and Broccoli Alfredo – from swingley**

Slice up a couple skinless, boneless chicken breasts and place in frying pan preheated with a liberal amount of olive oil and a couple teaspoons of butter. Add dried minced onion and pepper. Turn chicken until mostly cooked. Add a liberal amount of fresh sliced mushrooms and allow to simmer until the mushrooms are tender. Then add 1/2 jar of Alfredo sauce (Ragu has Classic Alfredo, Garlic Parmesan and 4 Cheese flavors - all are low carb and high fat - there are other brands out there equally as good). Stir well and continue to simmer to heat the sauce. Add steamed broccoli (steamed on the side at the same time the chicken was cooking). Stir and simmer until the broccoli is nicely coated with the sauce.

Serve with a nice glass of wine and eat as much of this as you want. I am usually stuffed full on 1/2 of this (I save the rest to reheat for the next day’s lunch).

### **Wings!!! - from Susan Capps**

1. Parboil wings w/ a little salt and white pepper (put cleaned wings in cold water in pot, bring to boil, boil about 15 minutes)
2. Drain in colander (can do up to this step and refrigerate for a day or two, sometimes I do double batch to this point and refrigerate or freeze for use later)
3. Preheat oven to 350F, spray glass pan w/ non stick spray oil (pan should be large enough to put wings in SINGLE LAYER)
4. Douse w/ hot sauce, maybe some butter (but we skip the butter)
5. Bake, turning them about every 15 minutes or so and reapplying hot sauce as you like, usually takes me 45 minutes to an hour
6. Eat w/ blue cheese dressing and chunks of cheddar cheese (preferably very sharp cheddar cheese)

These come out VERY crispy, not much fat on them, really yummy. Developed this as an alternative to deep frying buffalo wings when we were low-fatting it.

### **Luminaria's Chicken**

Take a couple of tablespoons or so of the soy baking mix, add some tarragon, marjoram, sage, oregano, garlic powder, onion powder and black pepper.

Coated 4 chicken breasts and brown them in butter

Cut a couple of handfuls of fresh broccoli florets into the pan,

Mix together, in a bowl, a 16 oz container of sour cream, about a half a cup of heavy cream. Grate an ounce or so of Pepper Jack cheese, (Monterey Jack with jalapeno peppers in it) and mix it all together, dump it over the chicken and broccoli, cover the mess up, and let it simmer real low for 25 min.

Very yummy!!

### **Shgabuzz's Quick Parmesan Chicken Strips**

Spray Pam or lightly coat pan with oil. Spread mayonnaise on chicken breast strips. Cover with grated Parmesan cheese. Sprinkle with lite-salt and pepper. Bake at 350 till done, turning once.



## Chapter 9 - Preserves, Pickles and Relishes

### **Pico De Gallo**

8 long green chiles, roasted, peeled, deveined and chopped  
2 small yellow chiles, roasted, peeled and chopped; or 2 jalapeno chiles  
5 green onions, chopped (including tops)  
5 medium tomatoes, peeled and chopped  
1/4 cup chopped fresh cilantro leaves  
2 tbsp. vegetable oil  
1 tsp. vinegar  
Salt to taste

Combine all ingredients; chill. Will keep at least two weeks in refrigerator. Serve with meats, chicken, hamburger, etc. Pico de gallo is served as a dip throughout the Southwest. Most restaurants have it waiting on the tables with warm tostadas.

Makes 1 cup

### **Lemon Marmalade – adapted by Tina MacDonald**

1 pound lemons (5 – 6 lemons)  
Water to cover  
5 tbsp. Splenda or to taste  
1 envelope unsweetened gelatine dissolved in 1/4 cup of water

Wash the lemons thoroughly in warm water, remove the stalks. Cut each lemon in half and squeeze out the juice. Remove the seeds and cut away pulp and excess pith. Tie the pulp, pith and seeds loosely in a muslin bag (actually I use a clean Jay-cloth towelette). Slice the skins into matchstick strips and place these in the cooking pan with the juice, and add water until lemon matchsticks are just covered. Tuck the muslin bag into the pot, bring to the boil and simmer until the strips of lemon skin are very tender. Remove the muslin bag and squeeze out any liquid. Add the Splenda and bring to the boil until it is fully dissolved. Take off the heat and let cool slightly. Taste for sweetness (carefully – this is hot) and add more Splenda to taste. Dissolve the gelatine in a little hot water, and stir thoroughly into the marmalade mixture. Pour into hot clean jars and seal. Store, when cool in the refrigerator. Makes 2 pints or 4 cups (64 tablespoons). Total recipe 1 - 83 calories and 53 grams of carbohydrates. Per tablespoon – 1.3 calories and 0.8 grams of carbohydrates.

VARIATIONS: for Lemon Ginger Marmalade, add 1.5 ounces of crystallized ginger at the same time as the Splenda. For Spiced Lemon Marmalade, add 3 whole cloves or 1/2 stick of cinnamon in the muslin bag with the seeds and pith.

NOTE: Sugarless jams and marmalades have poor keeping quality, as it is the sugar in ordinary jams that preserve them. Make only small amounts of this marmalade at one time.

### **LC Berry Jam or Jelly**

1-3/4 cup fresh berries (or frozen unsweetened berries that are thawed)

1/4 cup Splenda

Mix together in a bowl, and microwave on high for 6 minutes. Let cool, then place in a jar with a cover and refrigerate.

For jelly, make above, cool, then process in blender or food processor. Press through a sieve to strain any seeds and skin pulp. Place in a covered jar and refrigerate. Will keep for several weeks if refrigerated.

### **Mint Jelly – from Chuck Dudeck**

Bring a cup of water to boiling and add a full package (fist full) of fresh mint leaves. Shut off the heat and steep for one hour. While that is steeping, to another 1-1/2 cups of cold water I added 20 Equal tablets, one package of unflavoured gelatine and our drops of green food colouring. After the hour was up, combine the two and refrigerate. Not bad and a lot lower in carbohydrates than the real stuff.

### **Strawberry Jam from Orit Shacham**

1 cup cold water

14 grams (1/2 oz, 2 envelopes?) unflavoured gelatine

500 grams (1.1 lb.) strawberries

1/2 cup Splenda

1 tbsp. lemon juice

In large saucepan, sprinkle gelatine over cold water and let stand for one minute. Stir over low heat until gelatine completely dissolves. Add the fruit, Splenda, and lemon juice. Bring to a boil, then simmer, stirring occasionally, for 10-15 minutes. Spoon into sterilized jars. Chill until set.

Makes about 3 cups. 48 grams carbohydrate for the whole batch.

### **Thomas's Fresh Salsa**

1 good size tomato chopped

1/4 to 1/2 chopped red onion

1/2 bell pepper chopped

~ 2 tbs. chopped cilantro

1-2 jalapeno peppers, chopped fine (seeds & all if you like it really hot)

Juice of 1 lemon (bottled is OK)

Dash of garlic powder

Salt

Fresh ground pepper.

You can adjust any or all of the ingredients to taste. Mix this all up and let it sit in the fridge for a few hours.

### **Pickled Eggs – from Larry Clark**

(as told to me by my mother)

Shell 3 dozen hard boiled eggs, DO NOT break them.

Arrange carefully in a large wide mouthed jar.

Boil one pint of vinegar with 10 whole allspice or guess if you use powder, I use a ton myself.

1 teaspoon of powdered ginger or fresh ginger root.

2 cloves of garlic, I use tons.

1 bay leaf, or two.

1 pod red pepper, or so.

When vinegar has steeped until flavour of spices have extracted, add another pint of vinegar, bring to a boil, and pour over the eggs. When cooled down enough, close jar and let vacuum seal the jar, let stand for one month. If you can wait that long, they may also be eaten in 24 hours. For a little sizzle, I add Echinacea. Some add beets, but I like the black/gray color as they look rotten and people gross out when they see me eating one, but when they try it, they are hooked.

### **Pickled Eggs – from Rhonda S**

1 dozen eggs, boiled and peeled.

1/2 cup vinegar (can adjust to taste)

12-14 packets of Splenda (can adjust to taste)

2 cans of beets

One jar or other container with a lid, big enough to hold the above ingredients

Heat the vinegar and add Splenda packets until Splenda is dissolved. To this, add the juice from both cans of beets. Heat thoroughly, but do not boil.

Place the eggs in the jar and put the beets on top of the eggs. Pour the hot vinegar/beet juice mixture over the eggs and beets. After this cools down some, put on the lid and store in the refrigerator. These are “pickled” after about two days, but they are really better after about 5 days IMO.

### **Debbie Cusick’s Homemade Peanut Butter**

12 oz jar of unsalted peanuts

2-3 tbsp. peanut oil

Pinch of salt if desired

Pinch of sweetener if desired

Put peanuts into processor and let ‘er rip. When it starts to look sort of mealy begin to drizzle in the oil and process a bit longer. Add salt and sweetener if desired. Yum.

# Chapter 10 - Salads and Salad Dressings

## **Jean's Creamy Calico Salad**

Serves 8

1 package lime sugar-free Jello  
 1 cup boiling water  
 1 cup cottage cheese  
 1/2 cup mayonnaise  
 1/2 cup heavy cream  
 1/4 cup green onion, finely chopped  
 1/4 cup red pepper, finely chopped  
 1/4 cup celery, finely chopped  
 1/4 cup carrot, grated

Place boiling water in blender container, add Jello. Let sit for a minute, then gently run the blender to make sure it is fully dissolved. Add cottage cheese, cream, mayonnaise and blend till smooth. Mix in chopped vegetables and pour into a 4-cup jelly mould or bowl. Chill for at least four hours. Dip mould into larger bowl filled with hot water for a second or two. Unmould onto plate, decorate with red pepper strips. Serve and enjoy!

Notes: this can be made in a bowl, if you like the cottage cheese in chunks. Any combination of chopped vegetables, even dill pickles or olives, that add up to 1 cup can be used, staying away from the more "liquid" types such as tomatoes or cucumber.

Total salad: 1,378 calories with 21.2 grams of carbohydrate

One serving: 172 calories with 2.7 grams of carbohydrate

## **The Pantry Coleslaw – adapted by Michael Masarsky**

1 1/2 cups plus 2 tablespoons mayonnaise  
 6 tablespoons plus 1 teaspoon sugar (use artificial sweetener equivalent)  
 3 tablespoons plus 1/2 teaspoon wine vinegar (optional)  
 1/2 to 3/4 cup oil  
 1/3 teaspoon each of garlic, onion, mustard and celery powers  
 Dash of black pepper  
 1 tablespoon plus 2 teaspoons of lemon juice (optional)  
 1 tablespoon plus 2 teaspoons half and half  
 1/2 teaspoon salt  
 2 heads cabbage, very finely shredded

Blend together mayonnaise, sugar, vinegar, and oil. Add spice powders, pepper, lemon juice, half and half and salt. Stir until smooth. Pour over coleslaw in a large bowl and toss until cabbage is well coated. Dressing keeps well, covered tightly in the refrigerator for several days. Makes 1 quart dressing.

**Rare Roast Beef Salad with Mustard Mayonnaise from Amy Kanarios**

Serves 6

***Dressing:***

1/3 cup (3 1/2 fl oz/100 ml) olive oil  
1/4 cup (2 fl oz/60 ml) lemon juice  
2 tablespoons finely chopped chives  
1 tablespoon drained tiny capers  
1 tablespoon finely chopped sun-dried bell pepper (capsicum)  
Salt and freshly ground black pepper

Combine all of the dressing ingredients in a small bowl. Whisk together until well blended.

***Mustard Mayonnaise:***

1/4 cup (2 fl oz/60 ml) mayonnaise  
1 tablespoon Dijon mustard  
2 teaspoons Worcestershire sauce  
A few drops of Tabasco sauce

Combine all the mayonnaise ingredients in a small bowl. Stir until well blended.

***Salad:***

3 lbs (1.5 kg) rare roast beef, sliced - allow 2 large slices per person  
6 oz (185 g) cherry tomatoes, halved  
1 head (3 1/2 oz/100 g) radicchio, washed and torn  
1 bunch (3 1/2 oz/100g) lamb's lettuce, washed and torn  
1 jar (8 oz/250 g) artichoke hearts, halved  
1/3 cup (2 1/2 oz/75 g) tiny cornichons (tiny gherkins or dill pickles)

Divide the remaining ingredients among 6 serving plates. Spoon the dressing over and place a tablespoon of mayonnaise in the center of each salad.

**K in Cali's Seafood Salad**

1 six ounce can \*tiny\* shrimp, well drained  
1 six ounce can crab meat, well drained  
1 hard boiled egg, peeled and finely chopped  
6 large olives, sliced  
2 green onions, finely chopped (include the long green part)  
1/2 cup mayonnaise

Combine the above in a medium sized bowl, cover and chill in fridge for 30 minutes. Serve on green salad or pork rinds. Tastes even better when chilled overnight.

**K in Cali's Sweet and Sour Asparagus Salad**

1 pound fresh asparagus spears, woody lower stems removed  
6 slices bacon  
1/4 cup wine vinegar  
Artificial sweetener (AS) to = 4 tsp sugar <2 pink packets, 2 blue packets works well>  
1/8 t salt  
Dash of pepper  
2 green onions, finely chopped  
2 hard cooked eggs, peeled and sliced  
6 cups torn lettuce, well drained. Red leaf lettuce works best, butter lettuce is good too. Do NOT use iceberg lettuce.

In a skillet spread out asparagus; cook in small amount of boiling water till tender, 8 minutes. Drain asparagus and set aside. In skillet cook bacon over medium low heat till crisp. Do not burn the grease. Drain, reserving 2 T drippings; crumble bacon. To reserved drippings in skillet add vinegar, 1/4 C water, artificial sweetener, salt, pepper, onions and asparagus; heat through. Remove asparagus; toss lettuce with hot dressing 1 minute (this allows the lettuce to wilt a bit.) Arrange on plates with asparagus, egg slices and bacon. Serves 6.

**Wilted Lettuce from Debra Long**

8 cups of lightly packed Romaine Lettuce  
1 cup of chopped green onions (or scallions)  
1 tbs. lemon juice  
1/2 cup white vinegar (Don't use cider vinegar unless you count the carbohydrates)  
2 pkg. of Nutrasweet (or equivalent substitute)  
8 pieces of bacon cut into small bits

Fry bacon in skillet until crisp. Add the green onions and sauté. Add the vinegar, lemon juice and nutrasweet and stir until blended. Stir in lettuce until wilted. Serve Warm.

Total Carbohydrates: 20.671 after subtracting fiber 10.394. Serves 4.

**Peg's Caesar Salad**

1 clove fresh garlic  
1 head romaine  
3/4 tsp. salt  
1/4 tsp. dry mustard  
Generous grating of black pepper  
5 fillets of anchovies, cut up small or mashed to a paste  
1 1/2 Tbsp. red wine vinegar  
3 Tbsp. good olive oil  
Juice from 1/2 lemon  
2 - 3 Tbsp. grated Reggiano Parmesano cheese

Smash garlic clove and rub bowl all over with it. Discard all but the tiniest shreds that are left clinging to the bowl. Wash, dry and break up the romaine into 2" pieces and place in bowl. Sprinkle over it the salt, dry mustard, pepper and the anchovies. Add the vinegar, oil and lemon juice. Add the grated cheese and toss well.

### **Denise's Cucumber Salad**

This cool side dish is simple to fix and a nice change from everyday tossed greens.

2 tablespoons seasoned rice vinegar

1/4 teaspoon salt

1/4 teaspoon Asian sesame oil

1 English (seedless) cucumber (about 12 ounces), unpeeled and thinly sliced

1/2 small red onion, thinly sliced

In medium bowl, with wire whisk, mix vinegar, salt, and sesame oil until blended. Add cucumber and red onion, and toss to coat.

Serves: 4. Work Time: 6 minutes Total Time: 6 minutes

Each serving: About 30 calories, 1 g protein, 8 g carbohydrate, 0 g total fat, 0 mg cholesterol, 335 mg sodium.

### **Bethers Cucumber Salad**

1 yellow onion, peeled, sliced thin

3 cucumbers, thinly sliced

1/2 cup white vinegar

1/2 tsp. celery, fennel or mustard seed (your favorite)

Salt

Place onion and cucumber in a bowl. In a saucepan, combine salt (if desired), water, vinegar and sugar, heating slightly to dissolve sugar. Add seeds. Pour over onion and cucumber. Chill and serve. Makes 3 servings.

### **My Favorite Cuke Salad – from Tina Malm**

Sliced sweet onion

Sliced or chunked cucumber

Sour cream

Vinegar to thin

Dill to taste, (or tarragon, or any fresh herb chopped)

Salt & pepper

Use only enough vinegar to thin out the sour cream to mixable not pourable consistency, the cucumbers will through a lot of moisture as well. Great with salmon or any fish. Can substitute for tartar sauce if you chop fine.

### **Warm Chicken Salad**

1 cup cooked chicken breast, shredded

1/4 cup sliced mushrooms

1 cup sweet red pepper, diced

1/4 cup mayonnaise

1 Tbsp. lemon juice

2 Tbsp. green onion, minced

1 tsp. salt

1/2 cup mozzarella cheese, shredded

2 cups lettuce, shredded

In a large bowl, mix the chicken, mushrooms, peppers, mayonnaise, lemon juice, green and herbal blend. Coat a small baking sheet with non-stick spray. Form the chicken mixture into 2 flat patties. Place on the sheet. Sprinkle the chicken mixture with the mozzarella. Place in the broiler, and broil about 4 inches from the heat until the cheese has melted and the chicken is warmed through, about 5 minutes. Place the lettuce on 2 dinner plates. Top with the hot chicken mixture and garnish with the lemon slices. Makes 2 servings.

### **Andrea's Cabbage Salad**

1 head of cabbage  
Chopped onion (to taste)  
Chopped Red Pepper  
1/4 - 1/3 cup chopped almonds and sesame seeds  
Butter  
Apple cider vinegar (has NO carbs!)  
Soy sauce  
Oil (olive or whatever you're using)  
Sweetener

Chop up a head of cabbage into ribbons or whatever size you like. Chop up some onion and red pepper (optional). Brown some chopped almonds and sesame seeds (about 1/4 - 1/3 cup total) in butter. Mix the remaining ingredients for the dressing: Taste this dressing until it suits you – there are no “set in stone” quantitative amounts.

Pour the dressing over the cabbage, almonds, sesame seeds and chopped onions and toss — cover and refrigerate, tossing several times before serving. This salad is excellent and really complements grilled chicken!

### **Blue Cheese Salad Dressing**

1 Cup Mayonnaise  
3 Tbsp. minced red onion  
1-1/2 tsp. minced garlic  
1/3 Cup minced parsley  
1/2 Cup Sour Cream  
1 Tbsp. lemon Juice  
1 Tbsp. white vinegar  
1/3 Cup crumbled Blue Cheese  
Salt and Pepper to taste

Add all ingredients to blender or food processor. Blend briefly to mix well. Pour into bottle and refrigerate.

### **Cheryl's Coleslaw Dressing**

Mix mayonnaise and sour cream with little artificial sweetener and vinegar, pour over coleslaw or broccoli and add cooked bacon.

Red Pepper Salad (Ensalada de Pimientos)

2 medium red peppers, sliced in rings  
1 small onion, sliced in rings  
6 tablespoons olive oil  
3 tablespoons white vinegar  
1 garlic Clove, minced  
3 tablespoons fresh parsley, minced  
Salt  
Pepper  
1/2 head lettuce, cut in pieces  
8 canned anchovies  
1 hard-boiled egg, chopped

Place pepper and onion rings in salad bowl. In small bowl combine olive oil, vinegar, garlic, parsley, salt and pepper. Pour over onions and peppers and let sit for a couple of hours. Stir once in a while. Arrange lettuce pieces on bottom of large serving plate. Pour pepper-onion mixture over. Garnish with anchovies and sprinkle with chopped egg.



### **Renee's Antipasto Salad**

I make an antipasto salad with pepperoni, mozzarella cheese cubes, olives, mushrooms, artichokes, a little onion and green pepper dressed with vinegar, olive oil and a dash of basil. It's really good - may be a little high on the carbohydrates, but much better than it would be with pasta in it...

### **Red Pepper Salad (Ensalada de Pimientos)**

2 medium red peppers, sliced in rings  
1 small onion, sliced in rings  
6 tablespoons olive oil  
3 tablespoons white vinegar  
1 garlic clove, minced  
3 tablespoons fresh parsley, minced  
Salt  
Pepper  
1/2 head lettuce, cut in pieces  
8 canned anchovies  
1 hard-boiled egg, chopped

Place pepper and onion rings in salad bowl. In small bowl combine olive oil, vinegar, garlic, parsley, salt and pepper. Pour over onions and peppers and let sit for a couple of hours. Stir once in a while. Arrange lettuce pieces on bottom of large serving plate. Pour pepper-onion mixture over. Garnish with anchovies and sprinkle with chopped egg.

### **Almond Chicken Salad**

4 cups cubed cooked chicken  
1 1/2 cups seedless green grapes, halved (omit for LC)  
1 cup chopped celery  
3/4 cup sliced green onion  
3 hard boiled eggs, chopped  
1/2 cup mayonnaise  
1/4 cup sour cream  
1 Tbsp. prepared mustard  
1 tsp. salt  
1/2 tsp. pepper  
1/4 tsp. onion pepper  
1/4 tsp. celery salt  
1/8 tsp. dry mustard  
1/8 tsp. paprika  
1/2 cup slivered almonds, toasted  
1 kiwifruit, peeled and sliced (optional) (omit for LC)

In large bowl combine chicken, grapes, celery, onions, eggs. In another bowl, combine the next 9 ingredients; stir until smooth. Pour over chicken mixture and toss gently. Stir in almonds and serve immediately, or refrigerate and add almonds right before serving. Garnish with kiwifruit if desired.

### **Pammers' Cauliflower Salad**

1 head iceberg lettuce  
2 heads cauliflower  
1 48oz. jar of Mayo  
1/2 cup Splenda  
1 pound of bacon cooked crisp and crumbled  
Pepper to taste (I use fresh ground, so I am not sure of my measuring)  
Onion salt to taste (might not need it if your bacon is salty enough)

Cut up the lettuce and cauliflower into bite-sized pieces. Toss it into a large (and I mean HUGE) bowl with the rest of the ingredients. Mix well and refrigerate covered overnight. It needs the overnight marinating in order to get all the flavours married nicely. Another version I do uses a cup (or more) of grated Parmesan, I didn't do it this time and it was fine. This makes quite a large amount of salad, great for parties and whatnot. You could easily do a half batch if you don't want tons of this around.

### **Broccoli Crunch Salad – from Jesse B. Brown**

1 medium size head of broccoli, cut up  
1/2 lb. bacon, fried and crumbled  
1 cup grated Cheddar or American cheese  
1 cup mayonnaise  
2 tbs. vinegar  
2 tbs. sugar substitute

Mix together first 3 ingredients. Mix together last three ingredients. Then combine everything.

### **Greek Mushroom Salad**

Serving Size: 6

1 tbsp. olive oil  
1/2 pound mushroom  
3 cloves garlic, chopped fine  
1 tsp. basil and marjoram  
1 medium tomato, diced  
3 tablespoons lemon juice  
1/2 cup water  
1 pinch salt  
1 pinch fresh ground pepper  
1 tablespoon fresh chopped parsley or fresh coriander

Heat the oil on low in a frying pan, then gently fry the mushrooms for 2-3 minutes. Do not overcook. Sprinkle in garlic and basil, then toss the mixture for a minute or two so that mushrooms are well coated. Add the tomato, lemon juice, water, salt, and pepper. Stir together and cook until the tomato softens. Remove from heat and let cool. Garnish with chopped herbs.

Per serving (excluding unknown items): 38 Calories; 2g Fat (53% calories from fat); 1g Protein; 4g Carbohydrate; 0mg Cholesterol; 26mg Sodium

**Coleslaw –from Cheryl Nicholson**

1 bag of ready cut slaw                      2 tbsp. of artificial sweetener  
 1/2 cup sour cream                      2 tbsp. of vinegar  
 1/2 cup mayonnaise                      Grated onion, just a bit, 1T guessing.  
 1 tea celery seed

Mix and serve, better next day so make it a day head of time

**Brenna's Warm Wild Mushroom Salad with Pancetta**

6 tablespoons walnut oil (or just use a good quality olive oil)  
 1 1/2 pounds assorted fresh wild mushrooms and regular button mushrooms (*e.g., shiitake, oyster, porcini and portobello*)  
 1/4 pound pancetta, chopped (*or just use thick bacon*)  
 1/4 cup pecans  
 2 shallots, finely chopped  
 2 cloves garlic  
 2/3 cup Trader Vic's French salad dressing (*or use your own favorite vinaigrette dressing, with a little tarragon added.*)  
 Salad bowl 2/3 full of Spring mix salad lettuces

Brown pancetta in a heavy skillet. Remove the pancetta, add the pecans to the skillet and LIGHTLY brown them. Remove the pecans, add the remaining 3 tablespoons of oil and the garlic and shallots to skillet, lightly brown. Add the mushrooms to the garlic and shallots in the skillet, sauté the mushrooms until lightly browned, about 10 minutes. Add back in the pancetta and the pecans, stir well, then add the dressing and stir again, then pour the whole mess over the salad greens and toss. (Or, if you want a more elegant presentation, put the salad greens on individual plates, and place about a quarter cup of the mushroom mixture in the centre of the greens, garnishing with a sprig of fresh tarragon.)

**Seared Scallop and Fresh-Orange Salad**

2 tablespoons + 1 tsp vegetable oil, divided  
 1/3 cup sliced shallots  
 3 cups each: trimmed watercress (about 3 bunches) and coarsely chopped curly endive  
 1 cup orange sections (about 3 oranges, supposedly - guess it depends on how big the orange is)  
 1/2 cup diced peeled avocado (about 1 small avocado)  
 1 1/2 lbs sea scallops (I used the smaller bay scallops and it worked just fine; they're less expensive)  
 1/4 tsp salt  
 1/3 cup chopped fresh mint  
 Dressing (recipe follows)

Heat 2 tbsp oil in small saucepan over med-high heat. Add shallots; cook 2 minutes or until crispy, stirring constantly. Remove shallots from pan with slotted spoon; drain and cool. Set aside.

Arrange watercress and endive on a serving platter. Top with orange sections and avocado. Sprinkle scallops with salt. Heat remaining oil in a nonstick skillet over med-high heat. Add scallops; cook 4 minutes, turning once. Spoon scallops over greens mixture. Pour dressing over salad. Sprinkle with mint and reserved shallots.

**Dressing recipe**

1/2 cup fresh lemon juice (2 lemons)  
 2 tbsp. brown sugar twin (*this is the only real modification I made; the original recipe wants real brown sugar*)  
 1 1/2 tbsp. Thai fish sauce (*Available at larger, upscale supermarkets or Asian supermarkets. If you can't find it or don't like that fishy flavour, substitute soy sauce.*)  
 1 tbsp. minced seeded Thai, hot red or serrano chili  
 2 garlic cloves, crushed

Whisk all ingredients together and heat in a small saucepan over medium heat one minute.

SERVES 4: Per serving, protein 31.4 grams, carbs 22.7 grams, fat 8.9 grams. And 292 calories if you're interested.

### **Tamera's Easy Salmon Salad**

1 can Salmon (the 14 oz (approx.) size like Bumblebee brand) drained  
1 medium cucumber-de-seeded, peeled and cut into small chunks  
1 thin slice of a large onion chopped fine or substitute onion powder to taste  
Mayonnaise- I start with 1 tablespoon  
Dill.. fresh or dried to taste  
Optional-sour cream 1 teaspoon

Put the drained Salmon in a bowl and break it into small pieces. Add the cucumber & onion (or onion powder) Add the Dill to taste.. I use 2 tablespoons fresh. Add mayonnaise to the consistency you prefer (some like them real creamy - other's more "chunky") Mix well. I sometimes add a teaspoon of sour cream for extra flavor. Chill. This is a great change from Tuna Salad. It's also a great party kind of "dip" (like crab dip) with cuke slices, or on Wasa crisps.

### **Bunnie's Taco Salad for One**

4 oz. ground beef, cooked and drained  
2 cups lettuce  
1 tablespoon sliced ripe olives  
2-3 tablespoons grated cheddar or Monterey Jack cheese  
1 tablespoon sliced green onion  
2 tablespoons guacamole (pre-made, from deli case)  
1 tablespoon sour cream  
2 tablespoons old El Paso taco sauce

Dump ingredients in a salad bowl and mix together. Makes one serving, at least for me. Carb count: about 8 grams, depending on the accuracy of food labels and measurements. I'll probably round it off to 10 for my daily carb count just to be safe.

### **Cumin Coleslaw – from Petra Hildebrandt**

2 tablespoons mayonnaise  
1 tablespoon milk  
1/2 teaspoon minced fresh jalapeno chile (wear rubber gloves)  
1 tablespoon chopped fresh coriander leaves  
1/2 teaspoon ground cumin  
a 6-ounce piece cabbage (about 1/4 head)  
1 large carrot  
1 scallion

In a large bowl stir together mayonnaise, milk, jalapeno, coriander, and cumin. Thinly slice cabbage and cut carrot into julienne strips. Diagonally cut scallion into thin slices. Stir cabbage, carrot, and scallion into dressing and season with salt and pepper.

## **Starburst Salad – from Tina MacDonald**

Serves 2

24-28 thin spears asparagus (about 3/4 pound)

1 avocado

1 sweet red pepper

2 tbsp. Italian or vinaigrette dressing

Red leaf or butter lettuce

Steam asparagus spears until bright green, but still somewhat crisp. Chill in running cold water. Slice red pepper into thin strips, cutting off the curved bits at the end of each slice, to make thin straight strips. Finely chop the curved pieces taken from the ends of the pepper strips.

Peel avocado, cut in half and remove stone. Slice each avocado half into six lengthways wedges. Arrange lettuce leaves on two plates. Place a pinwheel of asparagus spears on lettuce, alternating with red pepper strips. Centre the six avocado slices on top of asparagus and red pepper, centre a small mound of finely chopped red pepper on top of avocado. Drizzle each salad with 1 tbsp. Italian or other vinaigrette dressing.

Total calories: 500 Total carbohydrates: 29.4

Per serving: Calories: 250 Carbohydrates: 14.7

## **Cheryl's Bacon Salad**

Serves 8 -10 about 1.3 carbs a serving

1 full head of romaine lettuce, chopped

1 lb. of bacon, cooked and crumbled

2 T bacon grease

1 cup mayonnaise

1/4-1/2 c parmesan, shredded (not the stuff in the green can)

1 T white wine vinegar

1/4 c. scallions, chopped fine

While cooking bacon, prepare greens in bowl with scallions and parmesan cheese. Mix bacon grease, after bacon is done with mayo and vinegar. Mix well and add to salad bowl. Stir until all ingredients are mixed well. You may add a little pepper if you like. Forgo the salt—you have a ton of it with the bacon and parmesan. Serve immediately. You will get raves for this one!

## **Laurie's Easy Tuna Salad:**

1 can drained tuna

1 dill pickle chopped

1 dollop mayonnaise

1 dollop sour cream

Mix together. You can also add any or all of the following:

- a few chopped onions or peppers (if past induction)
- chopped hard boiled eggs
- chopped celery
- crumbled bacon
- chopped radish
- shredded cheese

### ***Variations:***

- To the above basic recipe, omit the sour cream, and use mustard instead. Add some curry powder to taste.
- Use mustard instead of the sour cream. Add a bit of cumin, garlic, crushed red pepper and horseradish.
- Use ranch dressing instead of sour cream.
- Mix tuna with a vinaigrette instead of mayo/sour cream.

### **Stephanie's Chicken Salad**

2 large cans of chicken  
 1 cup sliced celery  
 1/3 cup slivered almonds  
 1/2 cup mayonnaise  
 1/2 tsp. garlic powder  
 1/4 tsp pepper  
 1/4 tsp. ginger

We spread it on celery stalks or just eat it on a lettuce bed with a few bits of chopped tomato.

### **Beef and Broccoli Salad - from Shari in Cali**

1 bunch of broccoli (approx. 1 1/2 lbs.)  
 1/2 cup sesame oil (not Oriental)  
 6-8 fresh mushrooms, quartered  
 1/4 cup balsamic vinegar  
 1/4 cup soy sauce  
 1 clove garlic, finely chopped  
 1/2 tsp. sugar  
 1 lb. (2 or 3) Top Sirloin or Boneless Strip Sirloins, cooked and sliced into thin strips  
 1 (14 oz.) can artichoke hearts, quartered  
 2 avocados, cut into chunks  
 1 Tbsp. sesame seeds, toasted

Prepare broccoli into flowerets and stems. Stir-fry the stems in 1/4 cup of oil in a large deep skillet for 2 minutes. Add flowerets and continue to stir-fry for 4 minutes or until crisp-tender. Transfer to large serving bowl. Stir-fry mushrooms in remaining oil for 4 minutes. Add to broccoli.

In a small bowl, mix vinegar, soy sauce, garlic and sugar together. Pour over vegetables and mix well. Stir in beef, artichoke hearts and avocado chunks. Chill for 3-4 hours. Sprinkle with toasted sesame seeds just before serving.

Serves 4-6.

### **Seven Layer Salad – from Debbie Cusick**

1 head crisp lettuce (finely shredded)  
 1 red, orange or yellow pepper (Chopped)  
 1 bunch celery (chopped)  
 1-2 red onions (chopped)  
 1 carton grape tomatoes (or cherry tomatoes)  
 1 cup mayonnaise  
 1 cup sour cream  
 Sweetener equivalent to 2 tbsp. sugar (I used 2 tbsp. Splenda)  
 6 oz. cheddar cheese (shredded) I use more.  
 8 strips bacon (Fried drained and crumbled) I use more.

Arrange lettuce evenly in large glass bowl. Sprinkle the peppers on top of lettuce, then celery, onion and tomato. Mix mayonnaise with sour cream until smooth. Spoon sour cream mixture evenly over mixture in bowl. (Do not mix salad). Sprinkle sweetener evenly over sour cream mix. Sprinkle top with cheese and bacon. Cover with foil, pinching foil around sides of pan, but leaving air space between salad and foil, so foil does not touch top of salad. Refrigerate at least 8 hours.

As stated this looks best in a large glass bowl so you can see and admire the various layers. After everyone has had a change to ooh and ah over it you can mix the salad for serving it.

### **Easy Salad Dressing – from Alice Faber**

Salad dressing is one of the easiest things to make. You can do it in the blender, or just put ingredients in a jar with a tight-sealing lid. Off the top of my head (this might vary in the spices, since I do it differently every time).

3/4 cup oil (I use half olive oil, half canola)  
1/4 cup vinegar (make half of this balsamic, if you don't mind the carbs)  
1/2 tsp. dried mustard  
1/4 tsp. paprika  
1/4 tsp. dried thyme/oregano/basil (whichever strikes my fancy)  
1 clove garlic (whole, if I'm using the blender, otherwise pressed)

Even though this doesn't have sugar in it, it would have some carbs.

### **Aioli/Garlic Mayonnaise – from Cristine Tamayo**

1 egg  
1 tbsp. lemon juice  
1 tsp. mustard  
1/2 tsp. crushed garlic  
Approximately 1 cup oil, vegetable or olive, or mix half and half  
Salt and pepper to taste

Put the egg in the blender, along with the mustard, lemon and garlic. Cover the blender but take out the little plastic cup device in the centre. Blend on high while slowly and steadily pouring in the oil (do a small trickle at first, after it emulsifies you can be a bit more heavy handed), it should start to emulsify after a little while. The more oil you add (as well as blending time) the fluffier and less runny it becomes.

If it should curdle (yes, it happens) pour out the mixture into a cup, wash the blender and start with another egg. Trickle in the curdled mix.... this should save it (practice with canola before you use up the good stuff).

Empty into a very clean glass jar and keep in the fridge for up to 7-10 days. If you're afraid of salmonella, it can also be made with heavy cream, although I have never done so myself and can't vouch for the results :)

### **Lilah's Peppery Cole Slaw (from Fran McCullough's recipe)**

Mix together in a large bowl:

2 bags of pre-shredded coleslaw (has a few carrots in it but not enough to matter)  
1 medium red onion — chopped  
4 tablespoons of fresh, chopped dill

Mix dressing in a measuring cup:

1 cup of mayonnaise (I use Hellman's)  
1/2 cup cider vinegar  
1 packet of Splenda  
1/4 teaspoon of black pepper  
1/4 teaspoon of white pepper  
1/4 teaspoon of dried red pepper flakes  
1/2 teaspoon salt

Mix the dressing thoroughly then pour over the slaw/onion/dill mixture — let sit on the counter about an hour or so, stirring occasionally to mix through — then chill about 1/2 hour before serving. Incredibly good! (Makes about 10 servings — don't have the carb count but definitely less than 5 grams of carb).

### **Dawn's Curry Chicken Salad**

2 C. diced cooked chicken  
1/2 C mayonnaise  
1 1/2 sticks celery, chopped  
1/4 C. chopped walnuts  
2 Tbs. curry powder

Just add to a bowl and stir! This is great for lunch or as a quick dinner, for those nights that I get home late and REAL-LY don't want to cook – it keeps me from grabbing something carby just because it's fast...

### **Jamie's Bleu Cheese Dressing**

3/4 cup sour cream  
1-1/4 cups mayonnaise  
4 oz. crumbled Blue Cheese  
1/4 tsp. dry mustard  
1/2 tsp. black pepper  
1/2 tsp. salt  
1/3 tsp. garlic powder  
1 tsp. Worcestershire sauce

If you prefer more sour cream taste than mayonnaise taste (which I do), just reverse the amounts of mayonnaise and sour cream. I never seem to have dry mustard on hand, either, so I just add a small spoonful of prepared mustard.

### **Alice Faber's Vinaigrette**

The basic recipe is 3 parts oil (I mix olive and canola oil) to 1 part vinegar (I use half balsamic, half plain white). You can lower the oil to 2 parts to each 1 part of vinegar if you want. For 3/4 cup of dressing, I then add 1 crushed garlic clove, 1/2 tsp. dried mustard, 1/2 tsp. paprika, 1/2 tsp. of some dried herb (usually thyme); these can all be varied to taste.

You can mix it in a blender, or just shake hard.

### **Allison's Middle East Salad Dressing**

Olive oil (about 1/4 cup)  
2 cloves garlic, smashed and minced  
Juice of one lemon  
1-2 tsp. dried mint, crushed, or 2 T finely minced fresh mint leaves

Mix, and let sit for a few minutes for flavours to blend. Great on tomato/cucumber/onion only salads.

### **Jane's Fresh Basil Mayonnaise**

1 cup of mayonnaise  
1 clove of garlic  
2 tablespoons fresh lemon juice  
1 cup packed washed fresh basil leaves  
fresh pepper to taste

Whiz the garlic in a food processor add the fresh basil and process until fine. Dump in the mayonnaise, lemon juice and pepper to taste. Keeps for 2 weeks or so in fridge. Great on chicken, salmon, eggs...anything!



### **Caesar Salad – from the Heller’s Carbohydrate Addict’s Diet book**

4 cups torn leaves of romaine, bibb,cos,or leaf lettuce

1 egg

Salt, for sprinkling the bowl

1 clove garlic

1/2 tsp. dry mustard

1 1/2 tsp. lemon juice

A few drops of Tabasco

2 Tbsp. olive oil

2 tsp. Parmesan cheese

3 anchovies, drained

1. Chill lettuce leaves.

2. Place the egg in the a small saucepan, cover with water and heat. When the water begins to simmer, cook the egg for 1 to 1 1/2 minutes. Drain and set aside.

3. Sprinkle a little salt in the bottom of a wooden salad bowl. Rub the garlic clove around the inside of the bowl. Add the mustard, lemon juice, and Tabasco and stir to combine and dissolve the salt. Whisk in the olive oil, stirring briskly to blend the ingredients.

4. Add the lettuce to the bowl. Sprinkle with the Parmesan cheese and add the anchovies. Break the egg over the salad and toss the mixture gently but thoroughly to combine the egg, the dressing that has settled to the bottom and the lettuce, cheese and anchovies.

### **Spinach Salad - from Mike**

(2)- 10 oz packages of frozen chopped spinach

1/2 tsp salt

1/2 tsp Tabasco sauce

1&1/2 tsp vinegar

3/4 cup chopped celery

1/4 cup chopped onion

1/3 cup mayonnaise

3 hard boiled eggs, chopped

3/4 cup cheddar cheese (cubed)

Thaw/drain spinach thoroughly. Make sure it is free of water. Mix all ingredients together and serve w/horseradish (w/no sugar added of course) \*\*DO NOT cook spinach\*\* This is served cold.

### **Caryn’s Broccoli Salad**

1 bunch of fresh broccoli

8 strips of bacon

1 handful of sunflower seeds

1 cup of real Hellman’s mayonnaise

2 TBS white vinegar

3 packages of Equal

Cut up the broccoli (the nice ends, no stalks, it comes to about 4 or 5 cups). Put in a bowl. Fry the bacon and drain, crumble into the bowl with the broccoli. Add sunflower seeds. In a separate bowl mix mayonnaise, vinegar and equal. Pour over the broccoli mixture. Eat right away, or cool for an hour then eat.

Sounds gross right?? TRY IT ANYWAY it’s wonderful. You’ll thank me later.

### **Broccoli Salad – from Jennifer**

2 heads broccoli cut into little florets  
3/4 C. grated sharp cheddar cheese  
1/2 lb. bacon, cooked and chopped into bits  
1-medium onion (I used a small one due to the carbs though!)

#### ***Dressing:***

1/2c. Mayonnaise  
1Tbbs. Vinegar  
Artificial Sweetener to equal 1Tbsp. sugar (I used 1 packet of equal)  
Mix into the veggies!!

### **Warm Wilted Spinach Salad – from Laura La Gassa**

Put a tablespoon or so of olive oil in a skillet. Cook a few onion slices in it until they're just starting to soften up.

Add salt, pepper, cumin, and anything else that sounds good. Throw in a big handful of fresh baby leaf spinach, and cook for just a few seconds until the spinach starts to wilt.

Put into a salad bowl and top with feta cheese, nuts, chicken chunks, avocado slices, tomato bits, or anything else that strikes your fancy.

This is a good way to clean out the fridge, actually :-)

### **Diva's Savory Salad**

1flat tin Clover Leaf smoked oysters, (85 grams) drained and rinsed  
1 tbsp. onion slivers  
1 small piece of red sweet pepper, sliced  
1 ounce bleu cheese crumbled  
4 leaves of Boston lettuce, torn in pieces  
1 tablespoon sugar free Ranch Dressing  
Salt and pepper  
Combine and toss well.

### **Mike Ditka's Caesar Salad Dressing – posted by Herb**

3/4 cup olive oil  
1 can anchovies (use oil)  
1 tbsp. Grey Poupon mustard  
1 tbsp. Worcestershire sauce  
1 tbsp. red wine vinegar  
1 juice from 1 lemon  
2 eggs (raw)  
3-4 cloves garlic  
Romano cheese in dressing and on salad grated  
None of the croutons of course  
  
Black pepper to taste

# Chapter 11 - Sauces

## **Ketchup from Ian Loveless**

1 can tomato paste

Put the tomato paste in a small bowl and then fill the empty can with white vinegar and add to the tomato paste. Add salt and pepper, paprika, oregano, thyme, and whatever other spices you might feel like that day. It actually tastes better than Heinz. Store in the fridge.

(Thought from Tina – if you are used to a sweeter ketchup, add artificial sweetener to taste)

## **Arlene's Best Tomato Catsup**

3/4 tsp. whole cloves (or 1/4 tsp. powdered cloves)

3/4 tsp. broken stick cinnamon (or 1/2 tsp. powdered cinnamon)

1/2 tsp. celery seed

1/2 cup vinegar

4 pounds ripe tomatoes (about 24 plum tomatoes) (or substitute 8-10 ounces of tomato puree with about 1/4 cup water)

1/2 tbs. chopped onion

1/4 tsp. red pepper

1/4 cup equivalent artificial sweetener

2 tsp. salt

Measure spices and add to vinegar in a small saucepan. Cover, heat to a boil. Remove from heat and permit to steep while tomato mixture is prepared.

Wash tomatoes, place in large pan. Add red pepper. Heat to a boil, cook 15 minutes, stirring occasionally. (If using puree, ignore this step, and the cooking instructions in the next step) Add artificial sweetener. Cook 45-60 minutes until mixture is half volume.

Strain spiced vinegar mixture into tomato mixture; discard spices. Add salt. Simmer 30 minutes, stirring often, or until the consistency you desire is attained. Whiz in blender a few seconds. Fill hot, sterilized jars; seal at once. (I don't can this, just freeze whatever I'm not going to use right away.)

Makes 1-1.5 pints.

(About 1 gram of carbohydrates per tablespoon)

## **Low Carb Ketchup**

3 cups canned tomatoes (pureed in your blender)

2 tsp. onion powder

1/2 tsp. ground cloves

1/2 tsp. allspice

1/2 tsp. cinnamon

1/2 cup white vinegar

Put everything into a saucepan and simmer slowly 1 1/2 hours stirring often. Take off heat and stir in 2 package sweetener. Cool and pour into a jar. Keeps 4 months in the fridge.

Makes 24 oz at .83 carbs per tablespoon.

If you wish to get all fancy, removing the seeds before pureeing makes it taste even better

**Heinz-like Ketchup – from Chuck Dudek**

12 oz. tomato paste  
12 oz. water  
6 oz. vinegar  
10 Equal tablets (or 5 packets)  
1 teaspoon onion powder  
1 tablespoon salt  
(optional) pinch of cloves, cumin, other spices you might like

Dissolve Equal tablets in water then add remaining ingredients. Blend until combined. 54 grams in entire recipe. 1 gram per tablespoon (about 1/4 Heinz)

If you've been wanting something like Open Pit or Heinz BBQ sauce, this ain't it, but it's damn good sauce. Trust me.  
}:->

**My Original Patented Hot & Spicy LC BBQ Sauce – from Chuck Dudek**

To one batch of the above, add:

10 more Equal tablets (mixed in a little water)  
2 tablespoons Tabasco (this ain't for wimps)  
2 tablespoons Lea & Perrins Worcestershire sauce  
One large clove garlic  
1/4 teaspoon dry mustard  
1/4 pound (1 stick) butter  
(optional) 1 tablespoon crushed red pepper (adds flavour and makes hotter)

Warm over low heat until butter is melted and ingredients are blended. This sauce is intended to be served at the table, southern style, not used to baste the meat. I suppose you could baste the meat with it, but since there's not much sugar in it, you won't get the burnt sugar flavour that people like. Plus, you won't be able to count how many carbohydrates you are consuming because you won't know how much ends up on the coals. 62 grams in the whole batch. 0.9 grams per tablespoon and well worth it.

## **Ketchup – from Desireè**

Makes about 1 1/2 cups

1 stick butter  
3 Tbsp. chopped onion  
1 Tbsp. chopped celery  
Small amount (1/8 clove?) chopped garlic  
1/4 tsp. salt  
1/4 tsp. dry mustard  
1/4 tsp. allspice  
1/8 stick cinnamon  
1/4 tsp. black pepper  
1/4 bay leaf  
Dash cloves  
1/8 tsp. cumin  
Dash celery salt  
Dash cayenne  
1/4 cup vinegar  
1 cup tomato sauce  
2 teaspoons lemon juice  
6 packets of sugar substitute (I used 1/2 stevia powder 1/2 Sweet One)  
1 tsp. arrowroot powder (corn starch would work)  
1/8 tsp. guar gum (or more corn starch)

Melt the butter in a medium saucepan over medium heat and add the onion, celery and garlic. Allow it to cook while you work your way down the list of spices, stirring each one in. Add the vinegar, tomato sauce and lemon juice. Increase the heat and bring it to a full, rolling boil. Remove from heat, and let steep for a few minutes. Add guar gum and arrowroot.

Strain, pressing the lumps (onions/celery, etc.) with the back of a spoon to squeeze out as much flavor as possible. Put in a jar or bottle and refrigerate. As it cools, occasionally shake the jar to help emulsify the butter, which has a tendency to separate from the rest of the sauce.

## **Cooked Mayonnaise from Debbie Cusick**

2 egg yolks  
2 tbsp. lemon juice  
2 tbsp. water  
1 tsp. dry mustard  
Dash pepper  
1 cup very light olive oil

In small saucepan, stir together egg yolks, lemon juice, water, mustard, and pepper until thoroughly blended. Cook over very low heat, stirring constantly, until mixture bubbles in 1 or 2 places. Remove from heat. Let stand 4 minutes. Pour into blender container. Cover and blend at high speed. While blending, very slowly add oil. Blend until thick and smooth. Occasionally, turn off blender and scrape down sides of container with rubber spatula, if necessary. Cover and chill if not using immediately.

**Blender Mayonnaise from Debbie Cusick**

1 whole egg  
 1/2 teas dry mustard  
 1 cup olive oil  
 1 1/2 tbsp. lemon juice  
 1 tbsp. boiling water

Place the egg, mustard and 1/4 cup of the oil in an electric blender. Turn on the motor and add the remaining 3/4 cup oil in a slow, thin stream. Add the lemon juice and water. Refrigerate. Note: if using a food processor, add an extra egg yolk, omit the water, use up to 1/2 cup more oil, and adjust lemon juice to taste. Makes 1 1/2 cups.

**Tangy BBQ Sauce - from “Cooking Low Carb”, by Brenda Laughlin and Kelly Nason.**

Serving Size: 1 tablespoon

1 stick butter  
 1/4 cup vinegar  
 1 cup tomato sauce  
 2 tablespoons Worcestershire sauce  
 1/2 tablespoon Tabasco sauce  
 1/2 tablespoon salt  
 1 tablespoon mustard  
 1 dash cayenne pepper  
 2 teaspoons lemon juice  
 1 teaspoon liquid smoke flavouring  
 4 teaspoons Sugar Twin

Melt butter, add vinegar and other ingredients. Stir until well blended. Bring to a boil, and lower heat. Let simmer for a few minutes.

Carbohydrates per Serving (1 tablespoon): Less than 1 gram

**Pouring Custard**

Makes 2 cups, serves 6

1 cup heavy cream  
 1/2 cup milk  
 5 large egg yolks  
 6 packets Equal  
 1 Tbsp. vanilla extract

Mix the cream and milk in a heavy saucepan and place it over medium heat. In a mixing bowl, preferably one with a spout, whisk the egg yolks together with the sweetener and vanilla until they're pale yellow. When the cream begins to have a bubble or two rising at the edge of the pan, take it off the heat and slowly pour it into the eggs, whisking all the time. Pour the custard back into the pan and return it to the heat.

Cook the custard at a bare simmer — don't let it boil—whisking constantly, especially around the edges of the pan. (You're trying to prevent as much of the egg as possible from turning into scrambled egg. Be sure to keep it from boiling— take it off the fire from time to time if necessary.) When the custard thickens, take it off the stove and continue to whisk for a minute or two. Pour the custard through a sieve into a glass measure. While still hot, place a sheet of plastic wrap directly on the surface to prevent a skin from forming. Let it cool, then cover and refrigerate until ready to serve.

This makes a great sauce for berries or other fruit. It sounds to me like it also makes a great treat all by itself! Per serving: protein 4.5 g, fat 19.6 g, carbohydrates 4.5 g.

### **Teriyaki Marinade – from Chuck Dudek**

1/2 cup oil  
1 Tbsp. fresh ginger  
9 Equal tabs  
1 cup soy sauce  
1/4 cup sherry  
3 cloves garlic

Mix and pour over meat. Let sit for 4-12 hours. Really works well for London Broil. Yummy.

### **Blender Béarnaise and Hollandaise Sauce – from Chuck Dudek**

Heat one stick of butter until bubbly but not burning. Put three egg yolks in a blender and turn on a low setting. Pour in hot butter slowly. When it thickens, add a bit of salt and about two tablespoons of tarragon vinegar plus about 1/2 teaspoon of tarragon. Serve over burgers. Don't try to make this with a smaller amount of butter or it won't come out right. Make sure the butter is hot enough or it won't cook the eggs and get thick.

Hollandaise is the same as Béarnaise Sauce except leave out the tarragon and tarragon vinegar. Instead add some freshly squeezed lemon juice (I usually use one lemon's worth). Great over eggs Benedict, vegetables, swordfish, or anything that can benefit from a lemony flavour.

### **Maple Butter**

1 stick softened butter  
4 packets sweetener or 2 1/2 Tbsp Splenda  
1 capful maple extract

Whip the butter with the remaining ingredients. Refrigerate.

### **Maple Syrup - from Lynne Axiak**

1/2 Cup water  
1/2 Cup butter  
1 package unflavoured gelatine  
1/2 tsp. vanilla  
1 tsp. maple extract  
1/4 cup sugar substitute [ 6 packets ]

Bring water and butter to a boil. Add gelatine...stir until dissolved. Remove from heat. Add flavouring, let cool, add sweetener. Cool until slightly thick. It gels when it cools down, so keep it in a wide mouthed container rather than a bottle.

## **Easy Mole Sauce**

1 1/2 cups chopped onion  
 3 tablespoons vegetable oil  
 1/2 teaspoon coriander seed 1/2 teaspoon anise seed  
 2 tablespoons chili powder  
 2 teaspoons sweetener, Splenda bulk  
 3/4 teaspoon ground cinnamon  
 1/8 teaspoon ground cloves  
 2 tablespoons unsweetened cocoa powder  
 2 tablespoons peanut butter, Adams Natural unsalted  
 2 1/2 cups chicken broth  
 8 ounces canned tomatoes  
 3 whole garlic cloves – mashed  
 3/4 teaspoon salt

“Traditional recipes for mole poblano call for several varieties of dried chilies, which, outside the Southwest, are available only at specialty foods stores or by mail order; as well as sesame seeds and/or pumpkin seeds and/or peanuts; roasted tomatoes; and chocolate; among other things. A mole can sound like a peculiar combination of ingredients, but at its best it is every bit as subtle and well balanced as the most evolved French sauce. Our quick version uses only ingredients available at the supermarket, and broiled, not fried, chicken, which makes the dish easier to prepare, lighter, and most important, still delicious—if not exactly authentic. “

Tweaks: cut onion by 2/3, tomatoes by half, eliminate 2 tbsp. raisins, switch sugar to bulk sweetener, cut chili powder by 1/3; recommend using fresh ground roasted chilies, such as Anchos, instead of chili powder.

Serving Ideas : over 1 pound broiled chicken wings    Serving Size: 8

## **Cheese Sauce**

3/4 pound of cheddar cheese (about 1 1/2 cups - we use organic cheese, and it does taste better)  
 1 tsp. mustard  
 1 tsp. paprika  
 1 tsp. salt  
 3/4 cup heavy cream  
 1/3 cup water

The cheese sauce is from DANDR, and is made like this: Put the cheese, mustard, paprika, salt, heavy cream, and water in a double-boiler. If you don't have one, try putting a smaller pot in a bigger pot that's filled with water. Bring the water in the lower portion just slightly to boil. Stir the mixture until melted. Set aside.

## **Creamy Horseradish Sauce – from Tina MacDonald**

1 cup dairy sour cream *480 cals    8 carbs*  
 1/4 cup mayonnaise *412 cals    0.4 carbs*  
 2 tbsp. prepared horseradish *18 cals    0.1 carb*  
 1 tsp. lemon juice *1 cal    0.3 carbs*  
 1/2 tsp. dry mustard *5 cals    0.2 carbs*  
 1/4 tsp. Worcestershire sauce *2 cals    0.5 carb*

In a small bowl, combine all ingredients; blend well. Refrigerate until ready to serve with roast beef or steak strips.

Makes about 1 1/2 cups/24 tbsp. This will keep in the fridge for several weeks.

Total calories: 918 calories, 9.5 grams of carbohydrate

Per serving (1 tbsp.): 38 calories, 0.4 grams of carbohydrate



### **Alfredo Sauce – from Brenda Laughlin**

Serves 2

4 tablespoons butter  
1/2 cup heavy cream  
6 tablespoons parmesan cheese  
1 tablespoon flour  
Salt and pepper to taste

Alfredo is NOT just a pasta sauce. I use this recipe to serve over baked chicken. It's also very good when using left-over chicken breast and broccoli florets. Just throw the chicken and broccoli into the sauce and heat! Yummy!

Combine ingredients in saucepan, cook and stir (DO NOT BOIL) until it looks and feels like Alfredo sauce.

Per Serving: (1/2 recipe)

Protein: 8.1g

Carbs: 4.2g

Dietary Fiber: 0.1g

### **Big Mike's "Fake" BBQ Sauce**

2 tbsp. Soy Sauce  
2 tbsp. Balsamic vinegar  
1 or 2 tsp. Garlic powder  
1 tsp. Liquid Smoke sauce  
1/3 cup Olive Oil  
2 or 3 tbsp. Chili powder (can also use cayenne)

I usually mix in a bowl and then pour into a large ziplock bag with the meat or chicken. Refrigerate and let sit for at least an hour. Then take meat out and add a little water to the bag which contains the remainder of the sauce, maybe a little more olive oil and use for basting. If you BBQ, remember to use indirect heat and if you have some hickory chunks or mesquite, they're great.

## **Sofrito – from DahliaLady**

Sofrito [soh-FREE-toh] is a Spanish/Italian sauce made from sautéed garlic, onion and bell pepper. (Other ingredients are optional.) The veggies are sautéed over very low heat until very soft. The mix can then be added to other dishes. For example, omelets filled with a bit of sofrito and diced ham are wonderful.

The following information is taken from epicurious.com:

1. The Spanish sofrito is a sauce made by sautéing annatto seeds in rendered pork fat. (Note: These are mostly for colour. You don't need them. A pinch of saffron, or a dash of turmeric for the wallet-ly challenged, will give a similar effect.) The seeds are removed before chopped onions, green peppers, garlic, pork and various herbs are cooked in the flavoured, now-red oil until the ingredients are tender and the mixture is thick. The sauce is used in recipes as needed.
2. The Italian soffrito is a similar mixture (usually chopped celery, green peppers, onions, garlic and herbs) sautéed in olive oil and used to flavour soups, sauces and meat dishes. “

These directions are taken from a recipe on the same site:

- 1 tablespoon minced onion
- 1 tablespoon minced red or green bell pepper
- 1 tablespoon chopped fresh coriander sprigs *[Note: Coriander sprigs are also sold as cilantro. I chose this version because the coriander/cilantro would give it a Mexican feel, which fits the thread. However, the cilantro is not part of a classic sofrito. Also, cilantro is NOT the same thing as Italian parsley, although it looks like it. People either love it or hate it. I love it.]*
- 1 small garlic clove, minced
- 2 teaspoons olive oil

In a 1 1/2-quart heavy saucepan cook onion, bell pepper, coriander, and garlic in oil over moderately low heat, stirring, until vegetables are soft, about 5 minutes.

[When I cook this, I heat the olive oil in a 12” sauté pan over a medium fire. When it’s thoroughly hot, I add the onion and bell pepper, and sauté them for a minute or so, to get them thoroughly coated in the oil. Then I reduce the heat as low as possible, cover the pan, and cook them, stirring occasionally, for at least 7 minutes, and preferably 10, until very soft. Now I add the garlic and cilantro, and cook for at least 5 minutes more. The end result should be meltingly soft.)

## **BBQ Sauce**

- 1 large onion, minced
- 1 tsp. garlic powder or 4 cloves garlic minced
- 1/2 Tbsp. mustard
- 1/8 tsp. celery seed
- Dash or so of cayenne
- 1 Tbsp. oil
- 1/4 cup catsup
- 1/2 tsp. salt
- 1 tsp. Worcestershire sauce
- 1/4 tsp. pepper
- 1/2 cup water
- 1Tbsp. Paprika
- 3 Tbsp. lemon juice
- 1/8 tsp. chili powder

Sauté the onion, garlic, and celery seed in oil until browned. Add the rest of the ingredients. Brush ribs several times during barbecue. This recipe may be safely doubled.

**Yummy BBQ Sauce - from Luckymom/Cindy**

1 cup diet Coke  
4 tablespoons tomato paste  
1 tablespoon dehydrated onion flakes  
1 teaspoon Worcestershire sauce  
1 teaspoon lemon juice  
1 teaspoon salt  
1 teaspoon minced garlic clove  
Dash cayenne pepper

Combine all ingredients in a small pan. Bring to a boil, reduce heat and simmer for 5 minutes. Delicious on just about everything! The diet Coke gives it a nice sweet flavor but if you like a sweeter sauce you can add a little bit of Splenda.

**BBQ Sauce**

1 stick of butter  
1/4 cup vinegar  
1 cup tomato sauce  
2 Tbsp. Worcestershire  
1/2 Tbsp. salt  
1 Tbsp. mustard  
2 tsp. lemon juice  
1 tsp. hickory liquid smoke  
4 tsp. Splenda  
Hot sauce - optional..to taste

Melt butter, add vinegar and then other ingredients. Stir until well blended. Bring to a boil, lower heat, and let simmer a few minutes.

**Sweet and Sour BBQ Sauce**

1 cup diet orange pop  
1 cup sugar free ketchup  
2 Tbsp. cooking oil  
1 Tbsp. dry minced onion  
1/2 tsp. ground cloves  
1 Tbsp. prepared mustard  
1 tsp. Worcestershire Sauce  
1-2 Tbsp. DR Atkins bake mix

In a small saucepan heat the cooking oil, mustard, cloves, and Worcestershire Sauce. Add the DR Atkins bake mix until it starts to thicken slightly. Add the orange pop, ketchup, and onion. Heat until just bubbly. Use on pork or chicken.

Another use. Take 4 packages of smoky link sausages and cut into 1-inch pieces. Add the sausages to the sauce and heat until just cooked through. Makes a great snack food or a party appetizer.

**Homemade Barbecue Sauce – from AuntieSP**

2 Tbsp. Sweet & Low Brown sugar  
1 tsp. paprika  
1/2 tsp. salt  
1 tsp. dry mustard  
2 Tbsp. Worcestershire sauce  
1 cup tomato juice  
1/2 cup ketchup or chili sauce  
1/4 cup vinegar  
1/2 cup chopped onions

Sauté onion in tomato juice until soft. Add rest of the ingredients and cook over low heat 15-20 minutes.

**Fast "faux" Bernaise Sauce – from Gypsy Girl**

1/2 c. mayonnaise  
2 tsp. Dijon mustard  
1/2 tsp. dried tarragon.  
Whisk.... I love it on steak and also salmon.

**Chili Oil –from Marcy**

1 cup peanut oil  
1/2 cup sesame oil  
1 cup dried hot chilies, quartered  
4 teaspoons ground cayenne pepper

Heat peanut oil in a small saucepan. Add sesame oil and warm for a minute. Stir in chopped peppers and ground cayenne. Stir well and let stand for 1 hour. Strain and pour into a jar. Store in the refrigerator.

**Maple Flavoured Syrup – from Diem**

1 cup apple juice  
2 1/2 teaspoons cornstarch  
1 tablespoon margarine (I used butter)  
1 3/4 teaspoons Equal for recipes or 6 packets Equal sweetener  
1 teaspoon maple flavouring  
1 teaspoon vanilla

Combine apple juice and cornstarch in small saucepan. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Remove from heat, stir in margarine, equal, maple flavouring and vanilla. Serve over pancakes, waffles or French toast. Makes 1 cup.

Nutrition information per serving:

18 cal, 0g pro, 3 g carbo., 1g fat, 0 mg chol., 9 mg sodium

**Cranberry Sauce – from Cheryl Satterwhite**

1 1/2 cups fresh cranberries  
1 1/2 cups of water  
1 package diet lemon or orange gelatine  
8 packets of sugar substitute ( I use Splenda)  
2 tablespoons of cranberry or orange liqueur  
1 tablespoons Raspberry Atkins or DaVinci's sugar free syrup  
Pinch of salt

Cook cranberries in water over low heat until they pop open. Drain and press through sieve, and add boiling water until there are 1 1/2 cups of liquid. Dissolve gelatine, sugar substitute, liqueur, and syrup in hot liquid. Chill until firm. Add

garnish for colour, slice to serve. Serves 8 at 4.2 carbs per serving

## Chapter 12 - Soups

### **Gourmet Restaurant Cream of Almond Soup – from Debby Padilla**

6 c chicken stock  
1/2 lb. ground toasted almonds  
1/2 c heavy whipping cream  
1/2 c water  
4 egg yolks  
Salt and pepper to taste  
Chopped parsley  
Sliced almonds

Bring the stock to a boil. Add the almonds and simmer for fifteen minutes. Beat together cream, water and the egg yolks. Whip the mixture into the stock and remove it from the heat. Season to taste with salt and pepper. Garnish with chopped parsley and sliced almonds.

### **Curried Red Pepper Soup – adapted by Tina MacDonald**

Serves six as a first course

1 1/2 pounds red, yellow, or orange sweet peppers (about 5-6)  
1/2 cup chopped red onion  
1 cup water  
2 tsp. chicken bouillon granules  
1 1/2 tsp. curry powder or, to taste  
1/2 tsp. dried thyme, crushed  
1/2 tsp. dried marjoram, crushed  
1 tsp. garlic powder  
3 ounces cream cheese  
1 2/3 cups whipping cream  
Sour cream (optional)

Halve peppers, seed, and remove internal membranes. Place on aluminum-foil covered cookie sheet and roast at 450 degrees for 10 – 15 minutes, until skins start to turn black and bubble. Place in paper bag to steam and cool. When the peppers can be handled, remove skins and slice peppers into strips and place in a pan with onion, water, bouillon granules, curry powder, thyme, marjoram and garlic. Simmer for 15 minutes. Add cream cheese cut into chunks. Puree mixture in blender or food processor until smooth. Stir in cream. To serve, swirl a teaspoon of sour cream on the top of each bowl.

Total calories – 1,351    Total grams carbohydrate – 46.1

Per serving – 226 calories        7.7 grams carbohydrate

### **Kitty's Clam Chowder**

Carbs: 4.33 per serving

1 stick butter  
1 small onion, chopped  
4 stalks celery, chopped  
1 pint heavy cream  
2 cans (16oz each) whole baby clams  
1 cup clam broth  
1/2 cup chicken broth (optional)  
4 tablespoons thyme  
4 tablespoons arrowroot  
2 small tomatoes, chopped (optional)  
8 spears asparagus, cut into 1/8ths  
Salt and pepper, to taste

In a medium size sauce pot, add the butter and melt on medium heat and sauté till caramelized. Now add the arrowroot, which will make a roue and thicken it a bit. Stir for 2-3 minutes.

Now, slowly add the heavy cream and stir well, making sure it doesn't come to a boil as the cream will burn. At this point, add the chicken broth – I used it, but not necessary) and lower the heat to a med-low setting. Add the clams, clam broth, tomatoes and asparagus, season with salt and pepper to taste, add more thyme if you like (I did).

### **Susan's Cabbage and Ground Beef Soup**

1 to 1 1/2 lbs. ground beef  
1/2 onion  
1 large head Cabbage  
Salt, Pepper, Soy Sauce, Garlic to taste

Fry up meat, with garlic and onion. Drain. Add just enough water to cover the meat. Add in shredded Cabbage, soy sauce, salt and pepper. Cover and simmer. Check liquid level and add as needed.

### **New England Clam Chowder – from Mae West**

The core of a fresh cauliflower (not the flowerettes)  
2 cups beef stock, bouillon or water  
1 10-ounce can clams and broth  
1 tablespoon butter  
1 tablespoon minced onion  
2 cups heavy cream  
1 sprig or 1/2 teaspoon minced parsley  
Salt to taste

Dice the cauliflower. Heat the cream and stock together. Add the cauliflower. Simmer uncovered for 10 minutes, or until the cauliflower is the consistency of cooked potato. Add the other ingredients and heat through.

### **Double Rich Cream of Mushroom Soup – from Mae West**

1/4 cup butter  
 1/2 pound fresh mushrooms, sliced  
 3 cups basic chicken stock or chicken bouillon  
 3 egg yolks  
 1 tablespoon finely minced fresh parsley  
 Dash of freshly grated nutmeg  
 Salt, pepper to taste  
 1/2 cup cream  
 1/3 cup powdered milk (hmmm.I think I should eliminate the milk carbs by using NotStarch instead of powdered milk)

Melt the butter in a saucepan. Add the mushrooms and saute' until cooked, about 5 minutes. Pour all but a few mushrooms into a blender container, add the broth and egg yolks. Blend until smooth. Stir in the parsley and nutmeg and correct the seasoning. Return to the heat, and stir in the cream and powdered milk (or NotStarch.) Heat gently, stirring until thick and hot. Do not boil. Pour into individual soup bowls and garnish with the remaining mushrooms.

### **Instant Cream of Mushroom Soup – from Mae West**

1 large can mushrooms  
 2 cups heavy cream  
 1/2 chicken bouillon cube  
 Dash of parsley flakes

Combine all ingredients in the blender. Blend on low until smooth. Pour into a saucepan, cover and simmer. Cook over low heat, stirring occasionally, until hot but not boiling. Serves 2.

### **“Leftover” Chicken Stock – from Tina MacDonald**

The next time you purchase a roasted whole chicken (or cook one yourself), keep all the bones, wing tips, neck, giblets, excess skin, and other scraps for stock. Place all the scraps into a heavy saucepan, and add:

1/2 onion, chopped  
 1 carrot, chopped  
 2 stalks celery, chopped  
 1 tsp. basil  
 1/2 tsp. oregano  
 1 tsp. garlic powder (or to taste)  
 1 tsp. salt (or to taste)  
 1/2 tsp. pepper

Add water to cover. Simmer on low heat for 1 1/2 hours. Strain through a sieve, discarding all solids (including any actual meat, which will have the texture and flavour of cardboard by the time the simmering is done). Refrigerate overnight, and remove hardened fat (if you want low-cal low-carb). Use in any recipe that calls for chicken bouillon or stock. One chicken makes about 4 cups of stock.

This also works really well with turkey, although given the extra water you will need to cover the (much larger) torso of a turkey, double or even triple the other ingredients.



### **Cream of Chicken Soup – from Tina MacDonald**

4 cups chicken stock (for a stronger flavour, add 1 tsp. Knorr chicken stock powder)  
 1 1/2 cup cooked chicken, diced  
 1 tsp. onion powder  
 1 cup pureed cooked cauliflower  
 2 egg yolks  
 3 oz. cream cheese  
 1 cup heavy cream  
 Salt and freshly ground pepper to taste

Bring stock, chicken, and onion powder to a simmer. Meanwhile, whirr cauliflower, cream cheese, egg yolks and heavy cream in blender. Add to stock mixture, and gently simmer until soup thickens slightly. Sprinkle with paprika for garnish and serve. Makes about 8 1 cup servings.

Total recipe: 1,560 calories and 17.4 grams of carbs and 3.8 grams fibre

Per serving: 195 calories and 2.17 carbs with 0.44 grams fibre per serving. (assumes 0 carbs for the stock).

### **Crock Pot Chicken Soup – from JLMoell**

1 chicken - cut up (*I removed the skin from some of the pieces, but you really don't have to. I left some skin in there for flavour and some fat.*)  
 1 crock pot  
 A little water

Put the chicken into the crockpot - add a little water -and cook for about 8 - 10 hours. I added a few bay leaves and some cut up celery for a bit of flavour, but still, very mild. I'll start this before I go to bed, and let it cook through the night.

### **Baked Fauxtato Soup – from Victor Lovejoy**

1/2 head Cauliflower  
 Chicken Broth to cover  
 1 clove garlic, sliced  
 3 oz Cream Cheese  
 1 Tablespoon Butter  
 5 strips bacon, fried crisp  
 1/2 medium onion, chopped  
 Dash of hot sauce (optional)  
 2 1-inch squares Sharp Cheddar Cheese

Place the cauliflower and sliced garlic in a medium saucepan - add chicken broth to cover. Boil until completely tender (15 minutes or so). While the cauliflower is cooking, fry the bacon crisp, and remove to a plate. In the bacon fat, sauté the onion until tender.

Using a slotted spoon, put the cauliflower and garlic in the food processor, reserving the broth in the saucepan. Add the cream cheese, sharp cheddar cheese, and butter. Process until smooth. The mixture will be a light pumpkin colour.

Return this mixture to the saucepan with the cooking liquid. Add the onions (I capture some of the fat with the onions - that's just me) and stir over medium heat. You might need to add some more chicken stock to the pan, depending upon how much liquid cooked out during the cooking. I look for a good soupy consistency but not thin. Crumble the bacon into the soup, and allow the soup to come to a simmer. Taste and add salt and pepper. I like a lot of fresh cracked pepper in this soup.

The first time I tried this, I forgot I was eating Fauxtato Soup and it took me back to the days when I was eating comfort food that was killing me.

## **Cabbage Soup – from Jillian**

1lg head cabbage (the green kind)  
 1 tomato  
 3 turnips  
 1 bunch celery  
 2 breasts of chicken, skinless  
 6 chicken bullion cubes

Cut it all up into bite sized pieces, throw it in the pot, fill the pot with water (2 quart pot) and let it boil. It is ready when the cabbage is kind of mushy. I haven't convinced anyone in my family that it is good. (when you can't have other soups, this is heaven though) although I have a co worker that really likes mine..... Good luck with it. Actually it tastes pretty good if you do like cabbage.

## **Pizza Soup – from Laura B.**

1 lb. browned/drained ground beef  
 4 cups water  
 3/4 cup carrots sliced thin  
 2 cups mushrooms sliced thin  
 1 14.5oz can of stewed tomatoes, chopped (S&W with roasted garlic is really good)  
 1 clove crushed garlic (omit if using S&W with garlic)  
 1 teaspoon dried oregano  
 Black pepper and salt to taste

Simmer all these ingredients till the vegetables are tender Add 3/4 lb. cubed Velveeta or store brand equivalent. (I use Safeway's Lucerne brand.) Serve when cheese is fully melted.

The total carb count for the whole batch is 62.3 grams. (assuming my math is correct ;- ) This could easily be divided into eight servings. Then it would be 7.78 grams of carbs per serving. I'm sorry but I've never measured the serving amount.

## **Quick Hot & Sour Soup – from Jennifer Freeman**

Open a can of chicken broth (many canned organic chicken broths have 0 carbs. Some canned chicken broths have 1 carb gram).

Add approximately 1/4 cup of vinegar (regular white vinegar has fewer carbohydrates than rice vinegar), and about 1/8 cup of soy sauce.

For the "hot", add about a tablespoon of Chinese dried hot chili (not the same as red pepperflakes or cayenne pepper. The texture of the dried Chinese chili is somewhere in between flakes and powder.) Heat the above broth. It makes great base for lots of additions. I add some of the following:

- minced fresh ginger
- minced fresh garlic
- sliced mushrooms
- julienned snow peas
- chopped scallions
- little bits of leftover tofu, shrimp, pork, and/or chicken
- beaten eggs
- bamboo shoots
- spinach
- bok choy
- anything else that comes to mind

No corn starch is necessary. If you add beaten eggs to the broth, it will thicken quite nicely.

## **Marche Wedding Soup – posted by Shgabuzz**

### Ingredients:

10 cups Mother's Broth (recipe follows) , or canned low-sodium chicken broth  
 1/4 cup white wine  
 salt and freshly ground black pepper  
 2 large eggs, beaten  
 2 tablespoons water  
 1 cup freshly grated Parmigiano-Reggiano cheese  
 Shredded zest of 1/2 large lemon  
 Pinch of freshly grated nutmeg

### Preparation:

In a 4-quart saucepan, simmer the broth and wine for 5 minutes, partially covered. Season to taste.

Meanwhile, in a bowl, blend the eggs, water, cheese, lemon zest, nutmeg and about 1/8 teaspoon pepper.

Take the soup off the heat. With a fork, gently stir in the egg mixture with long slow strokes until it firms into pale shreds floating in the broth. The long strokes lengthen the shreds slightly. This should take 10 to 15 seconds.

There will be a moment when the Parmigiano and lemon release their fragrances, enjoy it. Quickly taste the soup for seasoning and serve it while it's still very hot and fragrant.

## **Mother's Broth**

5 pounds turkey wings or 5 pounds whole chicken  
 About 6 quarts cold water  
 2 large onions (1 1/2 pounds) trimmed of root ends and coarsely chopped  
 2 medium carrots, coarsely chopped  
 1 large stalk celery with leaves, coarsely chopped  
 4 large heads garlic, trimmed of root ends and halved horizontally  
 2 whole cloves  
 1 bay leaf, broken  
 6 canned tomatoes, drained

Cut up the turkey wings or chicken, cracking the bones with a cleaver in 2 or 3 places. Place in a 8 to 10 quart stockpot. Add enough cold water to come to within 3 inches of the lip of the pot. Bring the water slowly to a simmer. Skim off all the foam. Add the remaining ingredients, partially cover, and bring to a slow bubble.

Simmer 12 to 14 hours, occasionally stirring and skimming off fat. Do not boil the broth. Keep the liquid bubbling very slowly. Add boiling water if the broth reduces below the level of the solid ingredients; always keep them covered with about 3 inches of liquid.

Strain the broth through a fine sieve. For a clearer broth, strain it by ladling rather than pouring, leaving behind any sediment at the bottom of the pot.

Cool the broth as quickly as possible: set it outside in cold weather, or chill it in several small containers set in bowls of ice. Then refrigerate the broth about 8 hours, or until its fat has hardened. Skim off the hardened fat, and freeze in assorted-sizes containers.

**Egg Drop Soup – from Marcy**

1 1-1/2 pound pork bone  
6 cups water  
1 slice fresh ginger root  
1 teaspoon rice wine  
1/4 teaspoon white pepper  
1/2 teaspoon salt  
1 teaspoon cornstarch combined with 1 teaspoon water  
2 eggs, beaten  
1 green onion, sliced  
2 tablespoons chopped ham  
1 teaspoon sesame oil

Place pork bone in a large pot and add water and ginger. Bring to a boil, then simmer for 2 hours.

Discard bone. Add wine, pepper, and salt. Give cornstarch mixture a stir, then add to soup while stirring. Bring soup to a boil and add beaten eggs. Quickly stir in one direction only. Remove soup from heat. Add green onion, ham, and oil. Serve hot.

**Broccoli-Cheese Soup – posted by Deb P**

3 cups cooked chopped Broccoli (you can use frozen)  
4 oz. cream cheese  
3/4 cup Heavy cream  
3/4 cup water  
2 packages instant chicken bouillon  
Pepper to taste  
4 oz. shredded cheddar cheese

Combine Broccoli, cream cheese, heavy cream & 1/4 cup water in food processor. Blend until smooth. Transfer mixture to pot add bouillon, pepper and rest of water (I added a little more water). Simmer over medium heat. Add cheddar & stir until melted.

YUMMY! It makes a lot & supposed to be 4 carbs/serving. I still don't know if it reheats well.

### **Mulligatawny Soup – from Tina MacDonald**

3 medium carrots, pared and sliced  
1 cup cauliflower flowerets  
6 cups chicken or turkey stock (I made Leftover Stock from a 10 pound turkey – page 12-4)  
3 cups diced chicken or turkey  
1 medium onion, chopped  
2 ribs celery, chopped  
1/4 cup butter  
1/2 cup unsweetened apple sauce  
2 tbsp. curry powder  
1 tsp. salt  
1 tbsp. lemon juice  
1/2 cup heavy cream

Cook carrots and cauliflower in 2 cups of the chicken or turkey stock for 20 minutes or until tender. Meanwhile, sauté onion and celery in butter in Dutch oven, stir in apple sauce, curry powder, and salt. Sauté until soft. Gradually add in the remaining stock, add diced chicken, bring to a boil and reduce heat. Simmer for 15 minutes. Add carrots and cauliflower with their cooking liquid. Stir in lemon juice.

Remove from heat and cool slightly. In batches, puree the soup in a blender or food processor. Stir in heavy cream, and reheat to serving temperature.

Makes 10 1-cup servings.

Total recipe = 1420 calories, 86.2 grams of carbohydrate and 17.9 grams of fibre

1 serving = 142 calories, 8.6 grams of carbohydrate and 1.8 grams fibre

### **Egg Drop Soup - from Lee Rodgers**

Boil chicken broth. Whip egg or eggs in a bowl. Add a touch of sesame oil to the boiling broth. A dash or two of soy sauce. A few slivers of cooked vegetable of choice. Pour the whipped eggs into the broth. Turn off heat. Keep stirring mixture until egg is cooked.

Pour into bowl and eat. Sprinkle with parmesan cheese if you want. Toss in a few pork rinds if you like. Or leave out everything but the whipped eggs and a few slivers of green onion. The variations are only limited by the imagination. Eat.

## Chapter 13 - Sweets

### **Chocolate Fudge – from Brenda Laughlin**

Serves 8

2 tablespoons unsweetened cocoa powder  
1/2 cup heavy cream  
2 tablespoons butter  
4 ounces cream cheese  
1/2 teaspoon vanilla  
3 tablespoons Splenda

In a small saucepan, over low heat, melt butter. Add heavy cream and cream cheese, and whisk until smooth. Add Splenda, and adjust for taste. (Add a little more if you need too) Heat until bubbling, stirring constantly. Reduce heat, and stir in cocoa and vanilla. Blend well. Pour into a small buttered dish. Place in the refrigerator to set for 3 to 4 hours. Cut into 8 pieces.

|                        |                |      |
|------------------------|----------------|------|
| Per Serving: (1 piece) | Protein:       | 1.3g |
|                        | Carbs:         | 2.2g |
|                        | Dietary Fiber: | 0.5g |

### **“Lynne’s” Chocolate**

1 oz unsweetened chocolate (the bar kind)  
2 tbsp. butter  
1 tbsp. cream or sour cream  
1 tsp. vanilla extract  
8 packets equal  
1 oz crushed nuts (macadamias are nice)

Melt chocolate and butter, carefully. Remove from heat, stir in cream and vanilla, stir in equal, fold in nuts. Pour into tin-foil-lined something or other. Chill

### ***Variations on a theme***

Double the cream and the sweetener  
Or, add 2 tablespoons of peanut butter  
Or, pour into mini-muffin tins, then add 1/4 teaspoon PB to each candy.  
Or, add 1 teaspoon peppermint extract.  
Or, add ANY flavored extract (raspberry? cherry?)  
Or, add twice the amount of mixed nuts w/o crushing for nut clusters

## **“Lynne’s” Chocolate Part 2**

|                                |                       |
|--------------------------------|-----------------------|
| Unsweetened chocolate (1/2 oz) | 4.0 Gms carbs/2 fiber |
| Unsalted butter (1 Tbs)        | 0.0 carbs             |
| Heavy cream (1/2 Tbs)          | 0.25 approx carbs     |
| Vanilla (1/2 tsp)              | <.50 carbs            |
| Equal (3-4 packets)            | 3-4 Gms carbs         |
| Macadamia nuts (1/2 oz)        | 4 Gms carbs/2 fiber   |

About 8 Gms adjusted for fiber. It’s just as easy to make one batch as it is to make a double batch. The biggest problem is the sweetener. Saccharin based sweeteners just don’t do a good job with chocolate and it’s tough to find a non-dextrose-carrying equal. A delicious variation: substitute orange extract for the vanilla and sprinkle with finely grated orange rind.

### ***“Variation on a theme by Sandra C.***

I added cherry kool-aid and it added a lovely hint of cherry chocolate. I use:

Unsweetened chocolate squares (2) @ 16 gms total  
 Two packets sweet and low @ 2.5 gms  
 4 drops of liquid Stevia (to taste) or Suprose (liquid saccharine)  
 6 oz. of cream cheese-3 gms(?)  
 Pat of butter  
 3 tablespoons of half and half- 2 gms  
 Sprinkle of cherry Kool-Aid powder, unsweetened

Melt the chocolate and stevia for 2 or so minutes at medium in the nuker. Add the cream cheese and nuke for 1 more minute. Add the butter and half-and-half. Blend together with a wooden spoon until it is really smooth. Add the Kool-Aid to taste and mix well. Plop spoonfuls into each cube of an ice cube tray. Freeze. Eat and enjoy

About 2 grams of carbohydrates in each cube...

### ***More Chocolate Variations – from Jerry Wilson***

1 eight-oz pkg of cream cheese (total carbs=4)  
 2 tbsp. unsweetened cocoa (I prefer Nestle’s) (total carbs=8)  
 2 tbsp. butter (no carbs)  
 1/4 cup heavy cream (total carbs=3)  
 8 packets of Splenda (or Equal) (total carbs=8)

Put the butter and cream cheese in a pan and heat over very low heat until the cream cheese softens and the butter melts. (I put the my electric range setting on 2 of 9.) Add the cream and cocoa, stirring constantly until smooth. Add the sweetener, (you can add it earlier if it’s Splenda). Continue stirring until the mixture is velvety smooth and very thick. Remove from heat. Spoon into six muffin cups and pop into the freezer until the treats are frozen. (Total carbs per recipe = 23g, or about 4g each). If you would rather use only 4 cups, each treat will be about 6g carbs each.

## **Variations on Sugar-Free Pudding Mixes**

The sugar-free pudding ranges from 6 to 8 carbohydrates per serving, WITHOUT milk added. When we use it in recipes, most of us use real cream, which has 6-7 grams of carbohydrates per cup, mixed 1:1 (or less cream even) with water or coffee. This turns into quite a very rich dessert and you can get up to 12 servings out of it rather than 4 or 6. Some people just use a tablespoon of the pudding mix in some cream and cream cheese for a nice treat. Or they drop a tablespoon of the dry mix into their shakes. You just need to count the carbohydrates and be aware.

Another idea - mix a package of SF chocolate pudding (powder, not mixed) with an 8oz package of cream cheese. Form into about 24 little balls and roll in crushed nuts. Watch the carbohydrates in the nuts, though. Without nuts, the total carbohydrate count comes to about 40. So, this is about 1.6 g per candy. Keep refrigerated.

Put 8 oz of Creme Cheese in the blender, mix it up some. Add 12 oz of sugar free Jello BEFORE IT SETS mix all together. Pour it in a bowl or whatever to set. It will set up with a creamy consistency sort of like pudding.

## **Chocolate Kisses**

1 pint whipping cream  
6 oz. cream cheese  
2 tbsp. sour cream  
1/4 cup half & half  
1 package sugar-free chocolate pudding

Whip up the container of whipping cream. In a separate bowl, combine cream cheese, sour cream, half & half, and chocolate pudding. Blend with the whipped cream. Place in a pastry bag with a star tip (or use a zip-loc bag with a hole cut in the corner) squeeze Hershey Kiss size bits on to a sheet pan covered with foil or waxed paper. Place in freezer 'til solid.

## **Chocolate/Peanut Butter Bars**

8 squares unsweetened chocolate  
1/2 pound or 2 sticks of butter  
1 1/2 cups of unsweetened peanut butter  
25 packets of Nutrasweet or equivalent  
1/2 cup of crushed walnuts

Melt together unsweetened Chocolate, butter, Peanut Butter, and Nutrasweet. Pour into a greased cake pan. Cool for 1 hour.



## **Smooth Yummy Fudge – from Sherrie Engler**

1 1/2 cup heavy whipping cream  
4 squares unsweetened chocolate  
10 packages sweetener  
1/2 cup creamy peanut butter  
1/2 cup chopped pecans  
1 box chocolate pudding mix

In a sauce pan on low heat combine 1 cup heavy whipping cream and the chocolate bars. When mixture is melted, and it looks kinda speckled and not completely blended, remove from heat. Add peanut butter, blend. Add sweeteners, blend. It will look not like it's not smooth at all.

Here comes the trick. Take the mixture and put it in your food processor, and blend. (Regular beaters might work if you don't have a food processor) It will start looking like the smoothest chocolate you've ever seen. At this point add the pudding mix. Mixture will become really thick. Then start adding the 1/2 cup of leftover heavy cream. Mixture will look thick yet creamy. Add the pecans and mix for just a second or two to incorporate them. Lightly spray with Pam a glass dish and wipe out excess with paper towel, pour mixture in dish and chill in refrigerator.

Makes 32 pieces and the carb count including the hidden, approximately 3.5 each!

## **Cheesecake Cupcakes**

8 oz. cream cheese softened (318 cals 1.8 carbs)  
1 large egg (81 cals 0.4 carbs)  
1 1/2 tbsp. vanilla 40 cals 0 carbs  
4 packets equal  
4 tbsp. peanut butter (400 cals 12 carbs)

Mix all ingredients and blend for about 5 min. Line muffin pan with muffin cups, fill with mixture & back @ 350 for about 20 minutes.

Makes 6.

Total recipe – 839 calories, 14.2 grams of carbohydrate  
Per serving (6) – 140 calories, 2.4 grams of carbohydrate

### ***Variation***

4 oz cream cheese  
1 tablespoon peanut butter  
2 packets of Equal or equivalent  
Whipped cream

Mix first three ingredients together, add about 1/2 cup whipped cream and mix in. Put more whipped cream on top (yummy, yum, yum) and have at it.

### **Belinda's Chocolate Coconut Yummies – from Dr. Bill**

2 1/2 cup Splenda  
2 tbsp. unsweetened cocoa  
1/2 cup margarine  
1/2 cup milk (1/4 c cream + 1/4 c water)  
1 tsp. vanilla  
1/2 cup creamy peanut butter  
3 cups unsweetened shredded coconut

Mix Splenda, cocoa, margarine and milk in saucepan. Bring to a boil (stir constantly). Boil for EXACTLY one minute (do not overcook).

Remove from heat and stir in peanut butter and vanilla. When peanut butter is evenly spread throughout mixture, add the coconut. Stir to coat evenly.

Drop by spoonfuls onto waxed paper. Chill in refrigerator. Enjoy!

Makes about 20 “yummies” depending on size.

### **Lore's Lemon Ice-cream**

1 cup cream  
1 cup Water  
Sweetener to taste  
1 tbsp. protein powder  
Skin of 1 lemon  
Juice of 3 lemons

Mix all ingredients and put in an ice-cream-maker. If you have no ice-cream-maker, mix very well and put the bowl in a freezer. Every 20 minutes mix very well.

### **Suzanne's Chocolate Ice Cream**

Blend 5 egg yolks, 1/4 cup water, 1 tsp. vanilla and 10 tsp. of two sugar substitutes, such as splenda or stevia (the two will make a more sweet flavour than using just one), and a tablespoon of cocoa.

Add the mixture with two cups of cream to your ice cream maker, and start it going.

This alone will give you some tasty chocolate ice cream. For the Nutella mix, just throw in about 2 tablespoons of hazelnut butter just before your mixture is fully hardened. You can always leave out the chocolate for vanilla.

### **Suzanne's Chocolate Ice Cream II**

1 cup heavy whipping cream  
2 T Nestle unsweetened baking cocoa  
2 packages sweet-n-low  
1/4 c walnuts, smashed

Mix together and add to ice-cream maker.

**Louise's Vanilla Ice Cream**

1 egg  
 1/3 cup Splenda  
 1 teaspoon vanilla (I use Spice Islands)  
 1 1/2 cups whipping cream

Mix egg and Splenda together really well until thick and creamy. Stir in vanilla and whipping cream. Put in ice cream maker and have at it. You could also cut the cream by 1/2 cup and replace with 1/2 cup strawberries if you want. Total recipe makes about 1 pint with 180 calories, and about 3 grams of carbohydrates.

**Mark's Blackberry Ice Cream**

6 cups Half n Half  
 4 cups Heavy Whipping Cream  
 1 1/2 cups Splenda  
 6 medium to large egg yolks  
 1/3 tsp. salt  
 2 tbsp. Vanilla Extract (or use grated fresh)  
 About 2 pounds fresh Blackberries

Mix first five ingredients, heat to a gentle boil, chill, add 6, crank for about 30 min, add 7 and crank until done.

Calories 201. Total Fat 18.7g, Total Carbohydrates 6g, Fibre 1 g

**Kara's Quick Strawberry Ice-cream**

Put frozen strawberries into the blender and chop. After the strawberries are done, add cream and sweetener of your choosing, blend together. The ending result will be like soft serve strawberry ice cream (with small chunks of strawberries)

I didn't put a carbohydrate count because the amount of strawberries I use depends on my need for ice cream and my carbohydrate allowance for the day. The amount of cream I use is just enough to cover the strawberries. Not a very exact recipe, but I am not an exact cook.

**Jackie's Quickie Ice Cream**

1/2 cup cream  
 1/3 cup water  
 2 packets sweetener  
 1/2 tsp. vanilla  
 1/2 tsp. liqueur of choice (optional)

Place ingredients in small ziplock bag and seal well. Place inside gallon sized ziplock with ice and salt. Set the bag on a towel beside you on the couch and shake, flip and jiggle the bag for about 15min, until set.

5.3 G of carbohydrates (according to USDA site) Split it with your boyfriend like I did, and it is even less!

## **Lilah's Maple Walnut Ice Cream**

2 cups cream  
 5 egg yolks  
 Brown Sugar Twin equivalent to 2 teaspoons  
 8 packets of Splenda (or Equal)  
 1 tablespoon Vanilla  
 2 tablespoons sugar free Maple Syrup (I use a brand I found at the Grand Union, Howard's Sugar Free Syrup, which has 1 gram of carbohydrate per 1/4 cup)  
 3/4 cup of chopped walnuts

Put cream and egg yolks into a double boiler and heat, whisking continuously for several minutes, until mixture sticks to spoon when you dip it in. Remove from heat. Let cool to room temperature. Add remaining ingredients. Chill in fridge. Then put the entire mixture into your ice cream machine and make ice cream (it took mine about 10 minutes).

The way I made it, the entire recipe had 32.5 grams of carbs (24 grams for the cream, 8 grams for the Splenda, 1/2 gram for the SF maple syrup). If you were to use Equal it would be only 24.5 grams for the entire recipe. My recipe made 4 cups — which is either 4 one cup servings at about 8 grams each or 8 one-half cup servings at 4 grams each. If I had used Equal it would have been about 6 grams per cup and 3 per 1/2 cup... hmmm... thinking I'll use Equal next time.

## **Chocolate Peanut Butter Ice Cream – from Lilalove**

4 tablespoons unsweetened cocoa  
 3/4 cup Splenda  
 4 egg yolks  
 1/2 cup half and half  
 2 cups well chilled heavy cream  
 1/8 teaspoon salt  
 2 teaspoons vanilla  
 1 tablespoon Creme de Cacao  
 3 tablespoons peanut butter

In a double boiler, heat heavy cream and eggs, whisking continuously, until temperature of the mixture reaches 150 degrees. Let cool. In a separate bowl, combine cocoa, Splenda, vanilla, creme de cacao, and salt. Add egg/cream mixture and mix with a blender until thoroughly blended. Chill in fridge.

Pour chilled mixture into ice cream machine and begin churning (whether that's by hand or electrically) — add the remaining 1/2 cup half and half and the 3 tablespoons of peanut butter once churning has begun. Continue churning according to your machine's particular directions (if your machine doesn't recommend or permit adding the half and half and peanut butter later, then just toss that in with the rest of the mixture before you start churning).

Total carbs: 50 grams (yield is one quart — which makes 8 servings of 1/2 cup each)

## **Go Nuts!**

Fry pecans and walnuts in a little butter. Makes them very rich, and you can add sweetener or salt to them if you like.

## ***OR***

Melt butter and mix into it, some cinnamon and Splenda to your taste. Mix the nuts into it until they are well coated, spread them out on a cookie sheet and bake for about 40 minutes at about 350 d. Of course, they won't be raw anymore, but they sure taste good and the house will smell faboo!

**Stan's Almost Fudge**

8 ounces cream cheese (8)  
 3 Tbsp. cocoa (9)  
 1/4 cup heavy cream (2)  
 1 teaspoon peanut butter (1)  
 2 packets Equal (2)  
 6 packets Sweet One (6)  
 4 packets stevia (4)

Melt cream cheese and peanut butter in microwave for 1-2 minutes at 30-second intervals. Stir in cocoa until creamy. Combine together in a mixing bowl and whisk in cream and sweetener. Spread on wax paper, cover with another sheet of wax paper; freeze, then cut into pieces, and keep chilled.

32/16 = 2 carbs each    Serves 16

**Kitty's Chocolate Candy**

2 squares unsweetened Baker's chocolate (8 carbs)  
 2 Tbs. butter (0 carbs)  
 1/2 Tbs. liquid cyclamate sweetener  
 1/2 tsp. Vanilla (optional, 0 carbs)  
 1 - 2 Tbsp. Heavy Whipping Cream (optional, 0 carbs)

Place 2 oz unsweetened chocolate in a microwave safe mixing bowl – nuke until softened. Add 2 Tbsp. butter and nuke until both are melted — stir until well blended. Combine 1/2 Tbs. liquid cyclamate sweetener with 1/2 tsp. Vanilla and Heavy Whipping Cream (optional) — slowly blend this mixture with the chocolate. Line a shallow bowl or small plate with plastic wrap — pour chocolate onto Plastic wrap and cool. M-m-m-m-m

Depending on my carb intake (I stay in the 10 to 15 carbs per day range) I might add unsweetened coconut and / or walnuts to the mix — these add great fiber!

**Chocolate Donut Fritters – from Debbie Cusick**

1 cup cooking oil (for frying the donuts)  
 1 stick (1/2 cup) butter, melted  
 1 tbsp. unsweetened cocoa powder  
 2 tbsp. liquid cyclamates (or other sweetener, but add carb count)  
 1 tsp. vanilla  
 2 tsp. baking powder  
 1 egg  
 2 servings (1/2 cup) chocolate protein powder  
 1/2 cup Splenda

Heat oil in pan at medium heat. Oil should be at least an inch deep. Mix the remaining ingredients except for the Splenda in order given in a medium-sized bowl. Blend thoroughly with a whisk or electric mixer.

Drop by rounded tablespoonsful into the oil. Fry until the edges begin to look cooked, then use a slotted spoon to flip the fritter. Allow to cook for another minute or so. Remove with a slotted spoon and place on plate. Sprinkle Splenda over the fritter, flip it and sprinkle more on the other side.

Recipe makes about 12 fritters. They are especially good when fresh from the pan, crispy on the outside but light and fluffy inside.

Each fritter contains:

Calories : 179      Carbs: 1g      Fiber: 0g      Protein: 4g      Sugar: 0g

## **Brenda's ButterCups:**

The recipe was actually inspired by an experiment of Mamakatts and also by Lynne's chocolate. I played around a lot with both of these recipes to concoct a wonderful low-carb treat. And since unsweetened chocolate is unavailable in New Zealand, the recipe uses just unsweetened cocoa powder.

First arrange 34 cupcake papers on a large sponge roll pan.

### ***Base:***

10 oz butter - nuke on 'defrost' to soften (not melt) it  
 10 oz peanut butter - add to soft butter  
 1 1/2 tsp. each vanilla and liquid AS (or similar = to 6 Tbsp. sugar)  
 Protein Powder to mix - around 1 1/4 cups  
 1 small coffee grinder's worth of well-ground flax seeds (say 4 Tbsp.)

Mix this all up to a soft dough. Put a teaspoonful into each paper cup, and put them in the fridge while you make the chocolate.

### ***Chocolate:***

4 oz Butter  
 4 oz vegetable shortening (Crisco?) (Hardened coconut oil?)  
 4 Tbsp. unsweetened cocoa powder  
 1 tsp. Vanilla essence  
 4 tsp. liquid A.S. (equiv. 16 Tbsp. sugar)  
 1/2 cup heavy cream  
 1 cup unsweetened flaked/desiccated coconut (optional)

Soften the butter a little by microwaving on low power a minute or two, then add the vegetable shortening and repeat. Don't melt it; just soften it. Stir it until all the lumps are gone, adding the cocoa powder, the vanilla, and the liquid AS.

Continue stirring (a whisk is good) as you slowly trickle the heavy cream.

By the time you finish adding the cream it should be starting to thicken a bit. You can add 1 cup of coconut at this stage if you like. (optional)

Take out your cups from the fridge, and spoon or pour a generous blob of "icing" on top of each one. Keep on going until it is all used up. Will be nice and thick :-). You can add a sprinkle of chopped nuts ... it's nice to have help with this so you can get the job finished before the chocolate starts to set.

For best results use butter and coconut fat that have been left out of the fridge and are really soft so that they don't need microwaving. I think not getting the ingreds too hot or melted is the secret to successful chocolate making.

Keep these in the fridge. Each Buttercup has:

Cals:164    Protein:4.7    Carb:1.4    Fat:15.6    Fibre:0.9

That is using calorie free sweetener and my particular brand of protein powder, which has 2.5 grams carbohydrate per 100 grams powder (which is about the amount to use).

**Choco-Peanut Cups – from Chuck Dudek**

8 oz. Philadelphia cream cheese  
1/4 pound (1 stick) butter  
1/4 cup Hershey's cocoa  
1/4 cup Peter Pan peanut butter  
1/4 cup cream  
30 Equal tablets dissolved in a little water.

Put cream cheese and butter in bowl and microwave for one minute. Add remaining ingredients and blend thoroughly. Spoon into mini muffin pan to make 12 cups and refrigerate until firm. If you have trouble getting them out, set the muffin pan into a shallow roasting pan with very hot water in it for a few seconds, then pop them out with a knife. Store in refrigerator. 29 grams total (net of fiber), 2.4 per cup. Note: If you use 15 Equal or Splenda packets instead of 30 Equal tablets, add 12 grams to total. If you use different brands of products, adjust the gram count accordingly. Peter Pan has 3 grams (net) per tablespoon.

**Knox Blox - from Andrew J. Gnoza**

4 envelopes KNOX unflavoured gelatine  
3 pkg. flavoured Sugar Free JELL-O [3 oz ea]  
4 cups boiling water

Combine KNOX and JELL-O. Add water and stir to dissolve. Pour into large shallow pan ( 13x9 ). Chill till firm. Cut into squares. Makes 100.

0 carbohydrates and 0 sugar

**Chocolate Protein Fudge – from Debbie Cusak**

1/4 cup (1/2 stick) butter, melted  
1/4 cup heavy cream  
2 tbsp. unsweetened cocoa powder  
1/4 tsp. vanilla  
1 tsp. liquid cyclamates (or sweetener of choice to taste)  
1 cup SportPharma Swiss Chocolate protein powder

Melt butter in microwave in a medium-sized bowl. Then add all other ingredients in the order listed. Mixture should be stiffish at the end as you mix but should not look too wet or shiny. If it does, sprinkle in a little more protein powder and mix in.

Spread evenly on bottom of a 6-inch pan. Allow to cool in fridge for at least an hour. Then cut into 1-inch squares. This is the most fudge-like recipe I have found so far.

Entire recipe has 18g carbs and 11g fibre. Add 1/4 cup chopped almonds or walnuts if desired but add in the carbs. Also your carb and fibre count may vary if you use a different protein powder and artificial sweetener.





## **LC Chocolate Mints – from Chuck Dudek (revised)**

8 oz. Philadelphia cream cheese  
 1/2 pound (2 sticks) unsalted butter  
 6 Tablespoons Hershey's cocoa  
 1 teaspoon peppermint extract (or 2-4 tablespoons peanut butter)  
 1/4 cup cream  
 40 Equal tablets dissolved in a little water.

Soften but do not melt cream cheese and butter either in microwave or at room temperature then blend by hand using a rubber spatula. Add remaining ingredients and blend until smooth. Spoon into small ruffled paper cups (like chocolates are packaged in) to make about 15 heaping cups and refrigerate until firm. Store in refrigerator. 27 grams total (net of fiber) for the mint chocolates, 31-35 grams total for choco-peanut cups.

Note: If you use 20 Equal or Splenda packets instead of 40 Equal tablets, add 16 grams to total. If you use different brands of products, adjust the gram count accordingly. Peter Pan has 2 grams (net) per tablespoon. I could not find a count for peppermint extract, so I counted it as 1/2 gram, same as vanilla. Try these--you'll like them.

## **MarkieZ's Cocoa Balls**

1/2 cup natural peanut butter -crunchy would be best.  
 1 pk creamed cheese (next time I might even add sour cream for a different zip)

Soften both to room temperature and then cream together and add:

1 Tbs heavy whipping cream  
 2 Tbs pure vanilla extract or any DaVinci Flavor you want-Maybe Rum!!! YUMMY!  
 1/4 teaspoon No Salt or Salt

Mix this all together and set in the fridge for half an hour. Prepare the rolling powder by mixing in a bowl:

1/4-1/2 cup cocoa powder  
 1/4 cup chopped pecans, walnuts or actually any type of nuts you have lying around. (*remember, I didn't measure, I'm guessing*)  
 8 or so packets of Equal, or whatever artificial sweetener you want. (*add sweetener to taste, really*)

Take the blended peanut butter cream and form little balls the size of the large marbles kids used to play with or the size of those chocolate covered cherries. Roll the ball into the cocoa powder mixture and put on a cookie sheet. Put in the freezer. HEAVENLY!

I don't have dietwatch but I came up with 51 carbs less 17 fibre for a grand total of 34 carbs divided by 20 = 1.7 or to be safe, 2 carbs a piece.

## **Jamie's Gummy Worms**

One large box of sugar-free Jello, any flavour (or 2 small boxes)  
 4 envelopes Knox unflavoured gelatine  
 1/2 cup water

Combine above ingredients in a pan until blended. Heat over medium heat until dissolved. Pour into moulds or on a plate. Cool for twenty minutes. If using plate method, when gummies are cooled, roll and cut in strips.

Notes for countries where these brands are not available:

1 large box Jello == sugar-free jelly dessert mix for 8 servings  
 4 envelopes Knox gelatine == enough unflavoured gelatine to gel 8 cups or 2 litres of liquid

## **LC Flaxseed Almond Cookies – from Debbie Cusick**

1 cup almond butter  
 4 tbsp. (1/2 stick) butter  
 1 tsp. almond extract  
 1 egg  
 1/4 cup flaxmeal  
 1/4 cup 0-carb protein powder (*I use egg protein*)  
 Sweetener to equal 1/2 cup sugar (*I used a mixture of Splenda, Equal Measure, Sweet 'N Low Brown and liquid saccharin*).

Melt butter in microwave or over low heat. Remove from heat source and stir in the almond butter. Then add eggs, sweetener and almond extract. When smoothly blended add in protein powder and flaxmeal.

Take small chunks of dough and roll into balls (a bit less than one inch) and place on ungreased baking sheets. At this size the recipe should make about 2 dozen cookies. After they are all on baking sheet flatten the balls tightly with tines of a fork. Bake at 325 degrees for about 15 minutes, then cool.

## **Sooz's Peanut Butter Cookies**

Try this one! These are chewy, sweet and really good. Carbs are pretty easy to determine based on the number of carbs in your Peanut butter.

1 cup peanut butter (sugar free)  
 Sweetener equivalent to 1 cup of sugar  
 1 egg  
 1 teaspoon vanilla

Preheat oven to 350F.

Mix all ingredients together well. Roll about a tablespoon of dough into ball and place on cookie sheet sprayed with no stick spray. Flatten each cookie with a fork. Bake for 10 - 12 minutes. Let cool a bit and enjoy!

## **Walnut Macaroon Cookies – from Shazz**

2 cups Walnuts (24)  
 3 Egg Whites (0)  
 3 Tbs. Unsweetened Coconut Flakes (12)  
 1/2 tsp. Coconut cake flavouring  
 1/2 cup sweetener (any equivalent of 1/2 cup sugar)

Process Walnuts (blender, food processor or the ever ready coffee grinder), add coconut flakes after the walnuts are processed and blend well. In a separate bowl whip Egg Whites into fluffy peaks, then beat in Coconut Flavoring and sweetener. Carefully combine nut mixture with egg mixture.

Blend well. Using a small scoop or spoon, place 30 to 36 small mounds of mixture on a pam coated cookie sheet. Bake in a preheated 350 degree oven for fifteen minutes. Serve warm or cool.

I estimate each cookie to have the following: 53 calories: 1 carb, 1 protein, 5 fat

As soon as they are cooled, I place mine in a crystal cookie jar — they seem to develop a nice moistness.

## **Walnut Spice Cookies – from Lynne**

2 cups crushed walnuts  
 2 egg whites  
 1 Tbsp. cinnamon  
 1/3 cup sugar equivalent (I use Splenda...you may have to experiment here)  
 1 tsp. vanilla extract

Process walnuts until a powdery type paste. Mix with dry ingredients (cinnamon, Splenda). Whip egg whites until frothy, add in liquid ingredients. Blend dry ingredients with the egg whites.

Roll into balls, drop on oiled cookie sheet. Cook for 15 minutes at 350. Bon appetit!

### ***Variations...Debbie's unending quest to improve nutrition***

**Coconut Variation:** add 1/2 cup shredded unsweetened coconut (has 15% caprylic acid...good for yeast control) (n.b. I buy the flaked coconut, shred it at home, add liquid AS and store in refrigerator so it's always there...and pre-sweetened) substitute coconut extract for the vanilla extract

**Flaxseed Variation:** Substitute 1/2 cup of freshly ground flaxseed for 1/2 cup ground walnuts

## **Debbie's LC Almond Cookies**

1 cup almond butter  
 4 tbsp. (1/2 stick) butter  
 1 tsp. almond extract  
 1 egg  
 1/4 cup flaxmeal  
 1/4 cup 0-carb protein powder (*I use egg protein*)  
 sweetener to equal 1/2 cup sugar (*I used a mixture of Splenda, Equal Measure, Sweet 'N Low Brown and liquid saccharin*).

Melt butter in microwave or over low heat. Remove from heat source and stir in the almond butter. Then add eggs, sweetener and almond extract. When smoothly blended add in protein powder and flaxmeal.

Take small chunks of dough and roll into balls (a bit less than one inch) and place on ungreased baking sheets. At this size the recipe should make about 2 dozen cookies. After they are all on baking sheet flatten the balls tightly with tines of a fork. Bake at 325 degrees for about 15 minutes, then cool.

Each cookie (based on 24 cookies has) 93 calories, 7.8g fat, 1g sat fat, 2.75g carbohydrate, .6g fibre, 3g protein

## **IndigoSoda's Bittersweet Dark Truffles**

1/2 cup heavy cream  
 1/2 cup Droste cocoa ( 2c per tablespoon — 16 carbs, but you can go scant if you want)  
 1/4 cup butter — half a stick

Bring these ingredients to a very gentle simmer, stirring consistently for six minutes. Take off the heat and add sweetener of your choice, I put in six packets of equal. Stir in well and put it in the fridge for one hour. Remove and roll into little balls, then dust with cocoa.

I count 19-21 carbs per saucepan.

## **Peanut Butter Protein Balls – from the Designer Protein Website**

Posted by Doctor G.

1/3 cup chunky peanut butter  
2 Tbs. Designer Protein Natural  
1 tsp. honey  
1/2 tsp. vanilla extract  
1/2 Tbs. chopped chocolate chips  
Shredded coconut

Combine all above ingredients in food processor and mix until desired consistency. Make mixture into 12 balls and roll in coconut or Designer Protein. Refrigerate. The given nutritional value is stated as:

Calories 45  
Protein 2g  
Carbs 2g  
Fat 3g  
Fiber 0g  
Lilah's Low Carb Brownies  
Servings: 12  
Carbs per serving: 5.6

## **Lilah's Low-Carbohydrate Brownies**

### ***Ingredients:***

1/4 cup butter  
2 ounces bittersweet chocolate  
3/4 cup Splenda  
1 egg  
1/4 cup Gluten Flour  
1/4 cup Almond Flour  
1/8 teaspoon salt  
1/4 cup chopped nuts (I used walnuts)  
2 teaspoons vanilla

Preheat the oven to 300 degrees.

Grease an 11 x 7 glass dish and sprinkle with a pinch of almond flour.

Melt the butter and chocolate together on low in a stovetop pan. Blend them by stirring well. Remove the pan from the heat and stir in, in this order, the sugar, salt, egg, vanilla, flour, and nuts. Pour and spread the mixture into the baking dish — it will make a very thin (about 1/2 inch) layer. Bake for 30 minutes. Cool to room temperature, then chill. For some reason I thought they tasted better chilled.

***NOTE: The following recipes were all sent in by Desiree. Thanks so much to her for compiling them!***

## **Almond Cookies – from Desiree**

(carb count has fiber deducted)

1 1/4 cup almond flour (9)  
 1 cup Splenda (26)  
 1 egg (1.5)  
 1/2 tsp. almond extract  
 1/4 cup softened butter.

Mix all well and form into 24 small balls. Press flat (1/4" thick) on ungreased cookie sheet. Decorate with an almond slice if you like. Bake at 350° 8 minutes. These are real cookies and taste great! I'd serve them to non-WOE people!

1.5 carbs each

## **Almond Cookies II**

2 cups almond flour  
 1 stick softened butter  
 1/2 cup Splenda granular  
 1/2 teaspoon salt  
 1 teaspoon vanilla extract  
 1 teaspoon almond extract

Combine all ingredients. Form dough into walnut-sized balls and place onto greased cookie sheet. Bake at 300 for 5 minutes. Press down lightly with fork, then continue to bake for another 15 minutes. Let cool.

## **Tanya's Almond Joy Branabars**

Break up 9-10 bran-a-crisp (or WASA) crackers and whirl through the food processor until ground—that equals one cup. Then coarsely chop one cup of walnuts—I left some nice big chunks.

In a bowl combine:

1 cup prepared bran-a-crisps (0 carbs)  
 1 cup chopped walnuts (16 carbs) *I'd actually use less or use macadamia nuts and lower the carb count. Pecans only have 11 carbs in a cup and macadamias have 4.*  
 4 heaping scoops chocolate whey powder (4 carbs)  
 2 Tbsp. quick oats (5.5 carbs)  
 1/4 cup Splenda (6 carbs)  
 2 packets Equal (1.8 carbs)  
 2 Tbsp. coconut (14 carbs) *I don't have unsweetened so you could save more carbs here*  
 1 Tbsp. Nestle's cocoa (1 carb)

On stovetop I melted:

1/4 cup cream (1.65 carbs) 1/4 cup water  
 1/4 cup butter  
 2 oz. Philadelphia cream cheese (1.8 carbs)

I removed the above from the heat and added 1 tsp. coconut extract and 2 tsp. almond extract (I figure .7 per tsp. extract but that is only a guess) and used wire whisk to make sauce smooth. Pour over dry ingredients and mix well. Press into buttered pan of choice with buttered fingers. Chill and cut. I did use a 7x11 pan and cut mine into 10 nice sized bars at 5.2 a bar. The whole recipe totals 51.75. I love almond joys, so this is worth it. I like how the oatmeal is almost "pretend" coconut in consistency and more would be a good substitute for the coconut.

## **Almond Poppyseed Flax Bars**

Preheat oven to 350.

In a large mixing bowl, beat together:

6 Tbsp butter, melted

3 eggs

6 Tbsp heavy cream

then add:

1/2 cup Splenda granular (or AS equivalent to 1/2 c. sugar)

1/2 tsp. almond extract

2 scoops Vanilla Praline Designer Protein Powder

1/2 tsp. baking soda

1/2 tsp. baking powder

1 Tbsp. poppy seeds

1 cup flax seed meal

Grease a baking dish (I used a 8 x 11 glass dish) and pour batter in, spreading into corners. Bake at 350 for 15 to 20 minutes, careful to avoid over-browning. Cool slightly before cutting into squares.

I cut mine into 12 good-sized squares, and they are delish! Plugging it into Dietwatch, I got the following:

Calories: 204

Total fat: 19g

Saturated fat: 7g

Cholesterol: 83mg

Sodium: 149 mg

Total Carbs: 7g

Fiber: 6g

Protein: 9g

## **LC Blueberry & Almond Squares by Judi**

1/2 cup flax Seed Meal  
1 cup protein powder, 100% whey, ProLab — plain  
2 teaspoons baking powder  
1 teaspoon ground cinnamon  
1/3 cup sugar substitute, bulk — \* see note  
6 packets sugar substitute, cyclamate & dextrose  
3 large eggs  
4 tablespoons butter — melted  
2 tablespoons heavy cream  
3 tablespoons water  
1 teaspoon lemon zest — grated  
1/2 teaspoon almond extract  
1 cup frozen blueberries — or fresh  
1/2 cup toasted almonds - coarsely chopped

\* note: Splenda (sucralose).

Preheat oven to 350F, butter 2 9x4" loaf pans and use parchment or wax paper cut to 9x4, patted down in the buttered pans.

Stir dry ingredients together til well-blended; beat sugar sub and egg (in another bowl) til mixture is pale and thickened; whisk in melted butter, cream and water, then lemon zest and extract.

Stir liquid mixture into dry mixture, gently, til dry ingredients are thoroughly moistened but still lumpy. Fold in berries and nuts just til evenly distributed.

Divide batter between pans and bake up to 15 minutes or until golden brown and spring back when pressed lightly.

Cool slightly in the pan, then loosen sides carefully with dinner knife or plastic spatula. When cool enough to handle, score into 16 (8 each pan) pieces. Store in airtight container when fully cooled. Serve warm or at room temperature.

Adapted from Blueberry & Almond Muffins, if making muffins, 8-10 minutes baking time (I estimate) and 12 servings.

**NOTES:** per serving (16):

132 kCals  
9g fat (3 sat, 3.2 mono, 2.1 poly),  
53 mg cholesterol  
3.3g carb (2.5 fibre total carbs 5.8)  
7.9g protein  
114mg sod  
103mg pot,  
76mg calcium

## **Tammy's Chocolate "Chip" Cookies**

### ***To make "chips":***

Melt 1/2 tbsp. butter, add 1 tbsp. granulated Splenda and 1 1/2 tbsp. Cocoa, mix well. Put in a small greased container, place in the refrigerator to harden. Overnight is best. Cut into little "chips".

### ***To make cookies:***

1/4 cup butter (softened)  
 2 tbsp. granulated Splenda  
 1/2 tbsp. Brown Sugar Twin  
 1 egg yolk (if doubling recipe, use 1 whole egg)  
 1/2 tsp. vanilla  
 1/4 cup + 2 tbsp. Miller's bran  
 1/4 cup soy protein isolate  
 1/4 cup ground almonds  
 1/4 tsp. baking powder  
 1/4 tsp. baking soda.

Mix butter, sweeteners and vanilla. Add dry ingredients. Mix well, (may have to mix with hands). Roll into little balls (1") and place on greased cookie sheet. Press a few "chips" into each cookie. Bake for approximately 9 minutes at 350F.

## **Dizzi's Sugar-Free Chocolate Recipe**

3 Tbsp. cocoa, I use only 2 sometimes  
 2 Tbsp. real Butter  
 2 Tbsp. liquid heavy whipping cream  
 1/4 tsp. vanilla extract  
 1 Tbsp. Peanut Butter (crunchy or creamy)  
 6 Packets SS (sugar sub)

Melt Butter in microwave until hot! Add cocoa first and mix well! Mix real well! Add SS, vanilla, cream, and P.B. Mix well! Drop by spoonfuls on waxed paper and refrigerate! I sometimes double the recipe and freeze in ziplock bags! Easy access!

Also, a few more ideas with it!! You can use any no-bake cheesecake recipe! Make chocolate, spoon into cupcake papers, just enough to cover bottom a little, spoon cheesecake in until full! Sprinkle chopped pecans on top! Freeze or refrigerate!

Also, some other mixings, I sometimes mix in some unsweetened coconut or walnut or pecans or peanuts! You take your pick! It is out of this world!



## **Chocolate Kisses by Rani**

1 cup heavy cream  
4 oz cream cheese  
1 package sugar-free chocolate pudding mix (Jello brand is the lowest I've found)  
Optional: 2 tsp. peanut butter

With an electric mixer, mix the cream and cream cheese together, and then blend in the pudding mix. It should be very thick, like frosting.

Using a piping bag with either a large round tip (#12) or star tip, pipe the mixture into approximately 200 "kisses," about the same size as a Hershey's kiss, onto wax paper on a cookie sheet. Freeze until hard, then remove and store in a covered container in the freezer.

The entire batch contains about 42 grams of carbs, so approximate carb count is 5 kisses = 1 gr.

## **Chocolate Peanut-Butter "Globs"**

1 ounce baking chocolate  
1/3 c peanut butter  
2 Tbsp. butter  
1/3 ricotta (part skim)  
12 packets Nutrasweet  
1 tsp. Vanilla

Melt first three ingredients in microwave or over low heat. Stir in remaining ingredients and drop by rounded teaspoons on waxed paper. Chill until firm. Makes one dozen (~3g protein, 2g carbo, 7g fat each).

## **Cinnamon Clouds**

2 egg whites  
1/4 tsp. cream of tartar  
Dash salt  
1/2 cup Splenda (granular)  
2 tsp. ground cinnamon  
1 tsp. vanilla extract  
1/2 tsp. almond extract  
1/2 cup chopped pecans or walnuts (optional)

In medium bowl, combine egg whites with cream of tartar and salt; beat with electric mixer until soft peaks form. Fold in cinnamon, vanilla and almond extracts, and nuts. Drop by tablespoonfuls onto greased baking sheets. Bake at 300 for 30 minutes. Turn off heat and leave cookies in oven, with door closed, until cooled. Store in airtight container to retain crispness for up to one week. Makes 2 dozen cookies.

## **Gummie Anything**

- 2 Small (4 servings) packages. SF Jello
- 1 Envelope complementary flavour, unsweetened Kool-Aid powder (e.g. 1 Cherry + 1 black cherry berry)
- 3 Envelopes Unflavoured Gelatine
- 1 Cup Boiling HOT Water

Mix all ingredients into the hot water, until dissolved. Pour mixture onto a dinner plate, refrigerate to set 20 minutes or more.

When cool and gelled, peel the gel-disk off the plate, roll up jelly roll fashion and slice into thin 'snakes.' (Kitchen shears make this a snap)

If you don't want them to be "sour" worms, omit the Kool-Aid.

## **Oatmeal-like Cookies**

- 1/4 cup soy protein (I used french vanilla Designer Protein instead)
- 1/4 cup soy flour
- 1/2 cup wheat bran
- 1/2 tsp. xanthan gum (or guar gum)
- 1/4 tsp. baking soda
- 1/2 tsp. ginger
- 1/4 tsp. cloves
- 1/4 t cinnamon — I left out the ginger and cloves and upped the cinnamon to 3/8 tsp.
- 1/4 cup Splenda (they used 1/4 t Sugar Twin)
- 1/4 cup Brown Sugar Twin

Mix together in a bowl and set aside.

- 1 egg, beaten
- 1/4 c water
- 3 T butter, melted
- 2 T cream

Whisk together in a separate bowl. Combine the wet and dry ingredients and mix well.

At this point I added 1/4 cup chopped pecans and a little salt to taste. Drop by teaspoonfuls on cookie sheet and bake at 350 for 13 - 15 minutes. (I'd watch the time on this — I baked mine less)

Makes 20-24 cookies.

## **Peanut Butter Cookies**

- 1/2 cup chunky sugar free peanut butter
- 3/4 cup heavy cream
- 1/2 cup chopped pecans
- 2 tsp. vanilla
- 4 Tbsp. Splenda
- 4 Tbsp. almond flour
- 1 tsp. baking powder

Heat oven to 375. Mix all ingredients well and drop on greased cookie sheet by teaspoonfuls. Bake about 10 minutes.

### **Peppermint Patties**

4 oz. cream cheese  
3 T. Old Mr. Boston Creme de Menthe 42 proof (optional)  
1/2 tsp. vanilla  
1/4 cup butter  
2 pkgs. sugar twin or equal  
1/2 tsp. peppermint extract  
Pam spray

Mix ingredients thoroughly with fork. Place in 8" pan sprayed with Pam. Cut in 2" squares. Keep in freezer. .5 gram per serving. Coat with Lynne's Chocolate.

### **Ronnie's Protein Bar**

1 cup whole almonds (ground until fine in texture)  
1 cup peanut butter (7 gr per 2 Tsp, 2 gr fiber)  
1 package of dried non-fat milk (3.2 oz) 12 gr per 1/3 cup or 23 gr  
1/3 cup melted butter  
16 packages of Splenda (12 would have been fine)

Mix together and pat into buttered, square corning ware and freeze. Cut into squares or rectangles. Makes 8 or 16 snacks.

### **Swedish Nuts**

1 egg white (.3 carbs 3.5 protein)  
2 cups pecan halves (32 carbs 24 protein)  
1/3 cup Splenda  
2 tsp. cinnamon or cardamom (3.6 carbs 2 protein)

Heat oven to 300 degrees F. Grease a 15 1/2x10 1/2x1" cookie sheet or jelly roll pan. Mix egg white and pecans in medium sized bowl until pecans are coated and sticky. Mix Splenda and cinnamon or cardamom and sprinkle over pecans and stir until completely covered.

Spread out in a single layer on pan and bake about 30 minutes or until toasted. Cool completely to store for up to 3 weeks or serve warm. We usually bag these in 2 oz. increments for an on-the-go snack. 2 oz =4.48 carbs and 3.68 protein. Make this recipe with walnuts, almonds, mixed nuts, peanuts, etc. Be sure to adjust the carbs and protein for the nuts you use.

## **Walnut Cookies**

2 cups crushed walnuts  
 2 egg whites  
 1 Tbsp. cinnamon  
 1/3 cup sugar equivalent (I use Splenda...you may have to experiment here)  
 1 tsp. vanilla extract

Process walnuts until a powdery type paste. mix with dry ingredients (cinnamon, Splenda) Whip egg whites until frothy, add in liquid ingredients. Blend dry ingredients with the egg whites. Roll into balls, drop on oiled cookie sheet. Cook for 15 minutes at 350. Bon appetit!

***Variations***...my unending quest to improve nutrition....

- **Coconut variation:** add 1/2 cup shredded unsweetened coconut (has 15% caprylic acid...good for yeast control) (n.b. I buy the flaked coconut, shred it at home, add liquid AS and store in refrigerator so it's always there...and pre-sweetened) substitute coconut extract for the vanilla extract
- **Flaxseed variation:** Substitute 1/2 cup of freshly ground flaxseed for 1/2 cup ground walnuts.

## **Whipped "Cookies"**

Whip a pint of whipping cream. Sprinkle 1 small package of sugar free instant chocolate pudding mix over it and mix. Drop by spoonfuls onto cookie sheets covered with waxed paper. Top with pecans, macadamia nuts, or walnuts. Freeze. Makes about 3 doz. cookies,

## **Heath Bar Alternative – from Cimorene**

3 tbsp. butter, (melted)  
 2 tbsp. (or 2-3 packets) Splenda (or other sugar substitute)  
 2-3 cups ground up pecans

Mix together, cook in oven for 15 minutes. Then, have ready a double batch of Lynne's chocolate and a jar of sugar free peanut butter.

When pecans are done, drizzle a small amount of peanut butter over them, then pour the melted batch of Lynne's chocolate over them.

## **Cheesecake Popsicles -from AnnieOops**

I use one pack of cream cheese, a big pack of SF Jell-O dissolved in 2 Cups of boiling water, mix it all up and pour it into Popsicle forms, stick them in the freezer and, voila`.... Delicious creamy and filling popsicles at less than 2 carbs each in a few hours. You could also use an ice cube tray, or little Dixie cups and tongue blades but I just happened to have the Popsicle forms.

## **Rebecca's Cheesecake Pudding**

As a snack for one, take.....

2 tablespoons of sour cream  
 2 tablespoons of cream cheese  
 1 tablespoon of heavy whipping cream  
 About 2 tablespoons of Splenda....

Mix all together. Put in your serving cup and place in the freezer for 15-20 minutes and then eat it! This is the best Cheesecake pudding! I enjoy it too much! :)

## **Home-made Peanut Butter – by Debbie Cusick**

1 12-oz jar dry roast unsalted peanuts (*note, on this diet obviously we don't worry about the dry roast, but salted peanuts are too salty for me, and I have never been able to find unsalted peanuts that were \*not\* dry-roasted*)

2-3 tbsp. peanut oil

### ***Optional:***

Dash of salt, dash of Splenda.

Put peanuts in the food processor with the steel blade and let 'er rip. After a few seconds they should start to look mealy. Put in the salt and Splenda, if desired. Then pour in the oil and continue to process for 10-20 more seconds. That's it.

I have also seen a brand at the A&P supermarket called Crazy Richard's.

## **Chocolate Fudge - from Brenda Laughlin**

Serves 8

2 tbsp. unsweetened cocoa powder

1/2 cup heavy cream

2 tablespoons butter

4 ounces cream cheese

1/2 teaspoon vanilla

3 tablespoons Splenda

In a small saucepan, over low heat, melt butter. Add heavy cream and cream cheese, and whisk until smooth. Add Splenda, and adjust for taste. Heat until bubbling, stirring constantly. Reduce heat, and stir in cocoa and vanilla. Blend well. Pour into a small buttered dish. Place in the refrigerator to set for 3 to 4 hours. Cut into 8 pieces.

Per Serving: (1 piece)

Protein: 1.3g

Carbs: 2.2g

Dietary Fibre: 0.5g

## **Fudgesicles – from AnnieOops**

1 cup cream (6.7)

1/2 cup softened cream cheese (4) **OR** 1/2 cup ricotta cheese.

1 tsp. vanilla

2 packages (8) of Diet Swiss Miss or Carnation sugar free/fat free hot chocolate mixed in 1/2 cup of hot water. (*Both companies make several different kinds. Be sure you check the labels and get the 4carb/pack type.*)

**Optional:** add 1/4 cup DaVinci or Torani SF syrup....any flavour that sounds good to you with chocolate. Or, you could try adding more syrup and skip the hot cocoa mix. I haven't tried that because I love the combo of the DaVinci and the cocoa mix.

**Optional:** add other flavour extracts

When dissolved thoroughly in the water Pour the water in with the cream and softened cream cheese and vanilla and mix well till the cream cheese is well blended.

Taste the mixture and see if it's sweet enough for you. (It is, for me) If it's not, add AS of your choice till it is.

Experiment with flavourings for variety.

Pour into popsicle moulds and freeze.

## **Chocolate Ice Cream – from Deb P**

1 Egg  
 1 1/2 cup Heavy cream  
 1/4 - 1/2 cup Water  
 1 tsp. vanilla  
 7 packets Equal (I used Splenda)  
 1 Tbsp. unsweetened cocoa  
 SF Chocolate syrup

Whisk egg until frothy, whisk in water then Heavy cream, vanilla sweetener, cocoa & syrup. Make sure you whisk until mixture is frothy. Chill. Add to Ice cream machine. Enjoy!!!!

## **Cheryl's Low Cho Cookies**

Makes about 3 dozen at just under 1 carb each cookie:

1 stick of butter, softened  
 3 oz cream cheese, softened  
 1 package SF instant pudding mix  
 1 t. vanilla extract  
 6 packets Splenda  
 1 cup soy protein isolate  
 3/4 c. chopped nuts  
 1/4 c. heavy whipping cream

Preheat oven to 350 degrees. Cream butter and cream cheese together till smooth. Add pudding mix and mix well. Next add the vanilla, Splenda, soy protein and the nuts. Add as much as 1/4 cup heavy cream to create texture of soft dough. Roll into 36 balls around 1 inch wide and flatten on cookie sheet. Sprinkle with additional Splenda if desired. Bake 10-12 minutes.

VARIATIONS:

**Chocolate-Nut:** Use Chocolate pudding mix and add 1 t. chocolate extract to mix.

**Snickerdoodles:** Use Vanilla pudding, omit nuts and roll cookies in a mixture of Splenda and cinnamon before baking.

## **Cream Cheese Fudge – from Jenny**

2 oz cream cheese (use the expensive kind with less starch filler)  
 1/2 oz baker's chocolate (the kind with NO sugar.)  
 1 tbsp. Splenda  
 2 tbsp. Cream  
 1 tsp. vanilla

Enough butter to grease the bottom of your sauce pan.

Melt the chocolate in the bottom of a greased small saucepan at medium heat. Add the cream cheese and melt with the chocolate. Add the Splenda and vanilla and stir in. If it isn't sweet enough, add a tiny bit more Splenda until it tastes right. Take off the stove, stir in the cream. Pour into a small bowl or individual pie plate. Chill until hard. Enjoy!

The whole recipe is about 10 gms of carb figuring carbs generously.

### **Jamie's Spearmint Leaves**

6 envelopes Knox gelatine

Sweetener equivalent to one cup sugar (24 packets)

1/2 cup water

1 tsp. mint extract (actually, that comes out rather strong, you can use a bit less)

Few drops of green food colouring

Cook and stir on low heat until well melted and blended. (if using aspartame, blend the sweetener in after cooling the cooked gelatine mixture somewhat by stirring it for a few minutes off the heat)

Pour on a plate to solidify, and cut or tear in pieces when cool.

### **Halvah - from Debbie Cusick**

1/2 cup sesame tahini

1/2-3/4 cup 0-carb vanilla protein powder

1/2 tsp. vanilla

1 tsp. liquid cyclamates

2 packages sweetener of choice

Blend all ingredients together. Mixture should be firm enough to handle and roll into little balls. If not, add a little more protein powder, but for me 1/2 cup is about right. Then you can roll into little balls like big marbles or press into a small cake pan. Chill for several hours.

Entire recipe is 13g carbs, 4g fiber.

### **Chocolate Halvah**

Same as above but use chocolate protein powder and add 1 tsp. unsweetened cocoa powder to the mixture.

# Chapter 14 - Vegetables

## **Tina's Company Peppers**

Serves 6

1 each of red, orange, yellow and green sweet peppers 70 cal 10.1 carbs

2 tbsp. butter 204 cal 0.2 carbs

1 tsp. Splenda 2 cal 0.2 carbs

Salt and Pepper

Cut each pepper in half, remove seeds and internal ribs. Place on foil covered cookie sheet and roast in a 400 degree oven until pepper skin is bubbled and browned. Remove from oven, and place peppers in a paper bag to steam. When cool, remove skins and slice into long strips. Sauté pepper strips in butter over medium/low heat for about 5 minutes (do not brown), adding Splenda, salt and freshly ground pepper. This is a very colourful side dish, and tastes as good as it looks.

Save leftovers with their liquid in fridge, and throw into your next salad. Or, puree with a little oil and vinegar for an outstanding pepper vinaigrette salad dressing. Or, reheat, add a tablespoon or so of cream, and serve over a portion of cooked spaghetti squash.

Total recipe: 276 calories, 10.8 grams of carbohydrate

Per serving: 46 calories, 1.8 grams of carbohydrate

## **Fauxtatoes from Debbie Cusick**

1 head cauliflower, chopped, cooked very soft

3 oz. cream cheese

1 tbsp. butter

Salt and pepper to taste

Mash, whip with a mixer, or blend in food processor. Jamie adds..."I've sometimes used a bag of frozen cauliflower, but I think a head of fresh cauliflower gives much better texture. I simmer the cauliflower with a chopped clove of garlic to cover the mild "cabbagey" taste."

## **Tammy's Summer Squash Au-Gratin**

2lbs summer squash

4 Tbsp. butter

1.5 Cups shredded cheddar

1 Cup sour cream

1/4 Cup chopped onion

1/3 cup parmesan cheese

Cook squash until tender. (I would cook only until slightly soft) Drain well. Mix with remaining ingredients and bake in casserole at 350 degrees for 20-30 minutes or until golden brown and bubbly. Makes 6 servings.

Per serving: 311 calories, 26g fat (16 sat. fat), 70 chol., 9g carb, 2g fiber, 10g protein.



## **Pepper Poppers From Nancy Van Ess**

Serving Size: 24 Preparation Time :0:00

8 ounces cream cheese, softened  
 4 ounces sharp cheddar cheese, shredded  
 4 ounces Monterey jack cheese, shredded  
 6 bacon slices, cooked and crumbled  
 1/4 teaspoon salt  
 1/4 teaspoon chili powder  
 1/4 teaspoon garlic powder  
 1 pound fresh jalapenos, seeded and halved lengthways  
 1/2 cup dry bread crumbs (replace with crushed pork rinds?)  
 Sour cream, onion dip or ranch salad dressing

In a mixing bowl, combine cheeses, bacon and seasonings.; mix well. Spoon about 2 Tbs. into each pepper half. Roll in breadcrumbs or pork rinds. Place in a greased 15x10x1" baking pan. Bake, uncovered, 300 degrees for 20 min. for spicy flavour, 30 min. for med. and 40 min. for mild. Serve with sour cream or dressing.

NOTES: When cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands, avoid touching your face.

## **Brenna's Zucchini Casserole**

1 lb. small zucchini squash  
 1 large onion, finely chopped  
 6 tbsp. butter  
 2 cups shredded sharp cheddar cheese  
 1 clove minced garlic  
 1 tsp. salt  
 Dash pepper  
 2 eggs, slightly beaten

Cook zucchini whole in a small amount of water until crisp tender. Cool. Saute onion and garlic in 4 Tbsp butter. Cut cooled squash in cubes (or just circles, its easier) and add to onion. Stir in salt, pepper, and 1 1/2 cups cheese (reserve 1/2 cup for topping). Cool. Mix vegetable mixture with beaten eggs.

Place mixture in buttered casserole dish. Top with reserved 1/2 cup cheese. Bake at 350 degrees for 30 - 45 minutes.

## **Fiesta Veggies – from Debra Long**

1 med. Red Pepper sliced lengthwise  
 1 med. Green Pepper sliced lengthwise  
 1 med. Onion quartered and quartered again  
 1 med. yellow summer squash sliced about an inch thick  
 1 med. zucchini sliced about an inch thick  
 1/2 package of Lipton's "Fiesta herb with red peppers" soup mix  
 1/4 cup olive oil

Mix olive oil and soup mix together in bowl. Add veggies and toss until well coated with oil/soup mixture. Wrap in tin foil and grill until desired doneness. Makes Approximately 6 Generous Servings

Total Carbs: 51  
 Per Serving: 8.5

## **Jennifer's Grilled Stuffed Jalapenos**

1 lb. thin sliced bacon, slices halved crosswise  
20 large FRESH jalapenos (about 1 pound)  
8 oz. cream cheese, room temp. (or you can use goat cheese)  
3 Tbsp. chopped fresh cilantro (optional)

Chilies can irritate the skin, so you might want to wear gloves when working with them!

Partially cook the bacon so it's limp but barely done... drain on paper towels. Cut off the stem end from each jalapeno - halve them lengthways. Scoop out most of the seeds and ribs (the more you leave in the hotter the pepper!)

Mix the cilantro with the cream cheese. Fill each half pepper with some of the cheese mix, smooth it level. Wrap a piece of bacon around each cheese filled half and secure the ends with a toothpick. (These can be made ahead up to this point. Cover and refrigerate)

When you're ready. Place them on the grill. Cook until bacon is nicely browned. You could also cook these on top of the stove in a grill pan. If you have mesquite chips to grill over, it's even better.

The only carbohydrates come from the peppers. Figure about a half gram of carbohydrates per each.

## **Spaghetti Squash Parmesan**

6 Servings

1 spaghetti squash, quartered  
1 cup water  
1 1/2 cup shredded zucchini  
1/2 cup diced tomato  
1/3 cup sliced green onions  
4 tbsp. grated Parmesan cheese  
1 tbsp. lemon juice  
1 tsp. basil  
1/4 tsp. dill  
1/4 tsp. ground black pepper

Place the squash, cut side up, in a Dutch oven. Add the water. Cover and bring to a boil. Reduce the heat and simmer for 13 to 17 minutes, or until squash fibers pull apart easily with a fork. Remove the squash from the pan and drain well. Scoop out and discard the seeds. Using 2 forks, fluff the flesh into strands.

In a steamer basket over simmering water, steam the zucchini, covered, for 3 minutes; remove from the heat. Discard the cooking liquid from the Dutch oven and dry the pan well. Add the squash, zucchini, tomatoes, and green onions to the pan. Stir in the Parmesan, lemon juice, basil, fill, and pepper. Toss well to coat with sauce. Cook 1 minute over medium-high heat to heat through.

## **Betty's Spaghetti Squash Alfredo**

4 to 6 servings

1 medium-sized spaghetti squash (5 grams per 1/2 cup cooked)  
1 cup sour cream (9.8 grams per cup)  
1/2 cup (2 oz.) shredded mozzarella cheese (2 grams per 2 oz.)  
1/4 cup grated Parmesan cheese (2 grams per 2 oz.)  
1/4 tsp. garlic powder  
1/4 tsp. salt  
1/4 tsp. black pepper

Fill a soup pot with 1 inch of water and place the whole squash in the water. Bring to a boil over medium high heat, cover, and cook for 25 to 30 minutes or until tender when pierced with a knife. Remove it to a cutting board and allow to cool slightly, about 15 minutes. In a medium-sized saucepan, combine the remaining ingredients over medium-low heat and whisk until smooth and creamy, stirring frequently to prevent burning. Cut the squash in half lengthways, then use a soup spoon to remove and discard the seeds. Scrape the inside of the squash with a fork, shredding it into noodle-like strands. Add the strands to the sauce and stir until thoroughly mixed and heated through. Serve immediately.

## **Creamed Cucumbers**

About 1 pound cucumbers  
1 Tbsp. salt (if cucumbers are not firm)  
2 Tbsp. butter  
1/2 cup chopped onion  
Freshly ground pepper to taste  
1/2 cup heavy cream or sour cream or yogurt  
Lots of freshly snipped dill

Peel the cucumbers if waxed. Cut them in half lengthwise and scoop out the seeds with a spoon. Cut them into 3/4 inch chunks. If the cucumbers are not super-firm, place the chunks in a colander and sprinkle them with 1 tablespoon of salt. Shake to distribute the salt and let them drain for about 20 minutes. Rinse and dry. If the cucumbers are already firm, proceed with the recipe.

Place butter in a medium to large skillet over medium heat. When it melts, add the onion and cook, stirring occasionally, until the onion softens, about 5 minutes. Do not let the onion brown. Add the cucumbers and cook, stirring for about 5 minutes, until the cucumbers are just tender. Add pepper and, if you did not salt them earlier, salt.

Turn heat to low, then stir in the cream or yogurt and a good handful of dill. Stir until well blended, then serve, garnished with more dill.

## **Portobello Mushroom Variations**

- Stuff them with bacon and blue cheese – Lady Eve.
- Brush them in olive oil, or another favorite, hit them with ground pepper, a bit of salt (and any other seasonings, like chipotle pepper), and grill them, keeping them moist with oil – Cowboy.
- Marinated in extra virgin olive oil and balsamic vinegar... mmm – Lisa Crumm.
- Turn the portobello gill side down on a non stick baking sheet and stick them in a 350 degree oven until they lose their moisture and become almost crunchy. Turn them over and cool for a few minutes. Add a little low carb spaghetti sauce and some grated cheese and whatever pizza toppings you can fit on them. Fantastic...and yummy :- ) – Linda.
- Grilled, with a bit of Brie melted on top. HEAVEN! – Robyne
- Put on a cookie sheet, cover with cheese and broil! – Rosie
- Slice into nice chunks, saute in butter, garlic, and fresh ground pepper and deglaze the pan with white wine. Let cook until sauce thickens a bit, pour into a bowl and top with parmesan cheese. Eat with a HUGE steak, a salad and a glass of wine. = ) – Pammers.

## **Laurie's Easy Broccoli Casserole**

3 small or 2 large packages frozen broccoli

Sliced Cheddar Cheese

1/2 cup (1 stick) butter, melted

1 cup crushed pork rinds

Cook broccoli according to package directions, drain and chop. Place in a 9 X 13 baking dish. Cover top with sliced cheddar. Pour melted butter over all, and sprinkle crushed pork rinds over the top. Bake at 350° for 20 to 30 minutes, until cheese is bubbly and top is browned.

## **Barbecued Broccoli**

Cut up broccoli florets and place on a long sheet of aluminum foil. Crumble approx. 1/4 cup of Gorgonzola cheese randomly on top of the broccoli. Splash approx. 2 to 3 Tbsp. of Balsamic Vinegar. Cover this with a second (equally long) sheet of aluminum foil and pinch the sides together to seal. If you're grilling out, throw this on the grill at the same time as the meat (or at least 10 minutes). If you're cooking inside, put in the oven at 350 for 20 minutes.

### **Zucchini Alfredo – from Tina MacDonald**

Serves 4

2 medium zucchini – sliced about 1/2 inch thick  
2 tbsp. thinly sliced red pepper strips about 1 inch long  
2 tbsp. butter  
Salt and Pepper to taste

Sauté zucchini and red pepper in butter until lightly browned, seasoning to taste. Meanwhile make sauce.

#### ***Sauce:***

1 egg  
1 ounce of cream cheese  
2 tbsp. cream  
2 tbsp. finely grated Parmesan cheese

Whip all ingredients together until mixture is smooth and creamy. Immediately on removing zucchini from heat, stir in sauce mixture. The heat of the vegetables cooks the egg in the sauce, coating the vegetable with a smooth and creamy Alfredo sauce.

**Note:** If cooking for two, use half the sauce one day, and keep remainder in fridge for up to two days to use on another day. This sauce is also excellent on hot steamed broccoli.

Total recipe: 522 calories, 10.2 grams of carbohydrate

Per serving: 130.5 calories, 2.6 grams of carbohydrate

### **AnnieOoop's Zucchini Hash Browns**

1 cup grated zucchini  
1 Tbsp. grated onion  
2 eggs, beaten slightly  
Salt, pepper, onion powder, (garlic powder for those who use it)

I heat oil in my big cast iron skillet. Mix all ingredients together in medium sized bowl and drop by heaping tablespoons in hot oil. When brown on one side, turn and cook the other side. Stack on a plate and keep in warm oven 'till whole batch is done. You can top these with sour cream, or butter, or smother in gravy. Very low in carbs. I store in the fridge and heat and serve whenever I'm in the mood. This absolutely satisfied my craving for potatoes.

### **Green Beans Almondine – from Tina MacDonald**

1/4 cup slivered blanched almonds  
1/4 cup butter  
1/4 tsp. salt  
1 – 2 tsp. lemon juice  
2 cups cooked green beans

Cook slivered almonds in butter over low heat until golden, stirring occasionally. Remove from heat; add salt and lemon juice. Pour over hot, cooked green beans.

Total recipe: 600 calories, 24 grams of carbohydrate

Per serving: 150 calories, 6 grams of carbohydrate

### **Rosie's Quick Spinach Side Dish**

Cook one box (10oz) spinach, drain and chill.

Mix with:

3 tablespoons parmesan cheese

3 tablespoons ranch dressing,

1/2 cup sour cream

1/2 tsp dried basil

1/2 tsp. garlic powder

Mix well and serve!

### **Ideas for Cooking Vegetables - from Laura La Gassa**

1. Heat oven to 350. Brush olive oil on a cookie sheet. Put green beans on cookie sheet, brush with a little more oil, sprinkle with salt and pepper, and roast for about 20 minutes or until done (test for doneness by simply tasting one). You end up with flavours that are different from just steaming/boiling/microwaving the beans, and the beans also sometimes get a crispy crust. For more variety, use garlic flavoured olive oil, or toss a couple of thinly sliced garlic cloves on the sheet with the green beans. This method also works with Portobello mushroom slices, eggplant slices, and lengthways-slices of baby zucchini.
2. Stir-fry asparagus, and at the end put in a few drops of sesame oil.
3. Stir-fry broccoli with olive oil, basil, and a couple of sun-dried tomatoes that you've chopped up very small.
4. Sauté' sliced baby zucchini and/or crookneck squash with fresh basil or other herbs, butter, olive oil, and salt and pepper. Throw in some dried red pepper flakes for extra zip.
5. Defrost frozen chopped spinach, and squeeze out all the excess water that you can. Cook the spinach with either a little butter, cream, and nutmeg, or with olive oil, coriander, cumin, and black pepper.

### **Brussels Sprouts and Bacon – from Christine Berentsen**

Fry about a pound of bacon in a medium sauce pan until crispy but not burned. Remove and drain on paper towels. Discard most of the bacon fat (just leave a tiny bit, a bare coating of the pan).

Add sprouts and a little bit of water—maybe 1/2 C. Steam/cook until tender. Drain any excess liquid (there shouldn't really be any, if there is you used too much). Crumble the bacon and mix with the sprouts. Add a sprinkling of nutmeg if desired. Serve hot.

(We love this with Thanksgiving turkey)

### **Deb's Chili Rellenos**

1. If you have fresh chili, roast them and stuff them with cheese and bake till cheese is melted.
2. Chilis from a can - take a baking dish and layer the chili on bottom layer cheese. and more chili on top bake till melted.

I use Monterey Jack but sometimes I just mix all kinds of cheese and put in and you can top with salsa.

## **Tempeh Options - from Cyndi Norman**

Tempeh is an Indonesian food made from cultured grains or soy. It is pressed into a block and sold that way in the markets. You can find it in most health food stores. Never seen it in a supermarket.

Read the labels very carefully to get the low-carb versions; many forms of tempeh are filled with carbs. There are some flavour variations, but, again, read the labels for full info. I like the seaweed flavoured kind.

Soy tempeh can be very low in carbs, especially when you subtract the substantial amounts of fibre. Picking a brand will depend on what's available to you and personal taste. Each brand tastes a bit different.

Tempeh is the only low-carb substance I have found that soaks up egg yolks in lieu of bread. It's not as absorbent as bread (nothing is) but it does work.

Tempeh is edible raw (it's not really raw) but I don't like it much that way. I really only like it fried such that the outside is browned. You can cook it in other ways too but the taste is different. Try it all ways, you might like it better unbrowned. Here are some ways I cook it:

- Cut into strips about 3" x 1/2" x 1/4". Fry on both sides in olive oil until browned or until crispy if you prefer that. Season and remove from pan. Make a stir-fry. Add the tempeh back in at the end or serve on plate on top of stir-fry.
- Cut into strips a bit thicker than above. Fry until brown on outside but still soft inside. Serve with fried eggs. 8 oz of tempeh with 4 large eggs makes a hearty breakfast with just about the right amount of soaking power for the yolks.
- Cut the block of tempeh in half such that you get two blocks of the same size but half the thickness. Cut the product so it's about the size of a small piece of bread or a slice of cheese. I can't give specifics of how to cut because every brand of tempeh shapes it differently. You want to end up with about 4" x 4" x 1/4 or 1/3"
- Fry on both sides and use like bread for a sandwich. You want it a bit crispy but still flexible without breaking easily. Spread with mayonnaise and/or mustard, top with sautéed mushrooms, lettuce, or whatever you like. Cheese if you wish. Eat open-faced or closed. For an incredibly messy but tasty experience, put a fried egg in the middle of the sandwich.

If you cook tempeh with vegetables or other parts of the meal (so there's too much liquid for it to brown) you'll get a different flavour and texture. It's still good.

## **Stephanie's Cauliflower (or Broccoli) Casserole**

1 medium head cauliflower, broken into florets  
 1 cup sour cream  
 1 cup (4 oz) shredded cheddar cheese  
 1/2 cup crushed corn flakes (13carbs so you can skip this)  
 1/4 cup green peppers  
 1/4 cup red pepper  
 1 tsp. salt  
 1/4 cup grated Parmesan cheese  
 Paprika to taste

Steam cauliflower for 5 minutes until crisp-tender. Drain and combine everything but parmesan and paprika and put into a 2 quart greased baking dish. Sprinkle with parmesan and paprika. Bake uncovered at 325F for 30-35 min.

Serves 6-8

### ***My elementary carb count***

cauliflower-30 sour cream-10? cheddar- 5 green peppers-2 red peppers-2 parmesan-1  
 Total - 50 without corn flakes and at least 15 in fibre

So without flakes, and subtracting the fibre from the carbohydrates, the effective carbohydrate count is 35...divided by 6 = about 6 carbs/serving

### **Fried Cabbage – from Debra Long**

6 slices of bacon

One Medium head of cabbage cut into 1/8's

One cup chopped onions (can also use green onions or even leeks)

Steam the cabbage until tender but not limp. Fry the bacon until crisp and set aside. Sauté the onions in the bacon grease. Add the cabbage to the sauté onions cover and cook until tender on med. heat. You may need to add a little water depending on the water content of the cabbage. Sprinkle with crumbled bacon. Enjoy!

Serves approximately 8.

### **Diva's Eggplant Pizza**

Slice eggplant into thin rounds. Salt and cover with a weight for 1/2 hour. Drain and blot. Sauté in olive oil until golden brown and crisp. Arrange circles close together on a pizza pan. Add pizza toppings and bake 10 minutes at 400-450

### **Spaghetti Squash with Sausage Filling – from Jennifer**

1 3 3/4- to 4-pound spaghetti squash, halved lengthways, seeded

1 pound bulk pork sausage

1 cup chopped green bell pepper

1 cup chopped onion

2 garlic cloves, minced

3/4 cups purchased low carb marinara sauce

1/2 cup grated Parmesan cheese

Wrap squash halves in plastic wrap. Cook 1 at a time in microwave on high until tender, about 8 minutes. Pierce plastic to allow steam to escape. Cool. Meanwhile, sauté sausage, bell pepper, onion and garlic in heavy large skillet over medium-high heat until sausage browns and vegetables are tender, breaking up sausage with back of spoon, about 12 minutes. Mix in marinara sauce.

Using fork, pull out squash strands from shells, leaving shells intact. Mix squash strands into sausage mixture. Season filling to taste with salt and pepper. Spoon filling into squash shells. (Can be prepared 1 day ahead. Cover; refrigerate.)

Preheat oven to 400°F. Arrange filled squash halves on baking sheet. Sprinkle each with 1/4 cup Parmesan. Bake uncovered until heated through, about 20 minutes (30 minutes if previously chilled). Cut each squash half in two and serve.

Serves 4.

### **Butternut Squash - from Debra Long**

One med. Butternut Squash

One lg. Sweet Onion

1/2 stick of Butter

1 tbsp. Butter

Slice squash in half and pull out seeds (these can be washed and roasted in the oven for a snack). Place the halves upside down in a baking pan and bake in 400-degree oven until tender (40 to 50 minutes). Spoon out interior and mash with butter. Melt butter in skillet and sauté onions. Mix onions with squash. Serve Warm.

Makes 6-8 servings.

### **Acorn Squash – from Rosie read and post**

Pierce with fork, nuke (microwave) on high for 3-4 minutes, to soften. Cut in half and scoop out the seeds. Place cut side up, add butter, pecans, and BROWN SUGAR TWIN and nuke until done.



## **Cauliflower Pizza Crust – from Mary Whitney**

1 head cauliflower  
1 ball mozzarella cheese  
2 eggs

I steamed the cauliflower and put it in the food processor and came out with about 3 cups or so of processed cauliflower. Grated up the cheese and added 1 cup of cheese and the 2 eggs to the cauliflower and mixed well. If the cauliflower is still fairly warm it will begin to melt the cheese which helps keep it together. Spray a cookie sheet with non-stick stuff and spread out the cauliflower mixture. Put your favourite low carb toppings and top with the rest of the cheese.

Bake for 15 minutes at 425 degrees.

It makes about 4 servings, at least there are 4 of us and when dinner was over it was gone! I think it would reheat well in the nuker as well. The carb count will vary with your sauce and any other toppings. I'm figuring its about 7-10 carbs per serving?

## **Allen's Sautéed Cauliflower**

Cut the cauliflower into small pieces, add a little bit of water to the skillet and partially cook it. Get rid of any excess water and sauté it in a lot of butter. Just as it starts to brown, turn the heat way down and add a little bit of cream and some sharp cheddar cheese.

After it has all turned into the appropriate gooey mess, put it on a plate, top with some grated romano or parmesan and dig in.

Takes about 10 minutes to prepare and is exquisite!

## **Pennsylvania Dutch Red Cabbage – from Tina MacDonald**

4 cups chopped red cabbage  
2 tsp. salt  
6 slices bacon  
1/2 cup unsweetened apple sauce  
2 tbsp. Splenda  
2 tbsp. brown Sugar Twin  
1/4 cup vinegar  
1/4 cup water  
1/2 tsp. caraway seed (optional)

Place chopped cabbage in pan and cover with water. Add salt and simmer until desired degree of doneness (about 5 – 10 minutes for crisp, 10-15 minutes for tender). Meanwhile, fry bacon in large skillet until crisp but not burnt. Drain bacon on paper towel, reserving drippings in the skillet.

When cabbage is almost cooked, drain thoroughly and add to bacon drippings in skillet. Sauté briefly, then add all of the remaining ingredients. Crumble the reserved crisp bacon strips and stir into mixture. Cook until most of the liquid has evaporated.

The wonderful sweet and sour flavour is a great accompaniment to chicken or roast turkey. I am sure that this recipe made with white cabbage would taste the same, but who could resist a taste of a heaping bowl of fuschia vegetables?

Serves 6. Total recipe = 448 calories, XX .39 grams of carbohydrate

Per serving = 78 calories, 6.5 grams of carbohydrate

### **Zucchini with Mushroom Stems – from Marcy**

A side dish for 2

Oil

2 or 3 small zucchini

1 Portobello stem, diced

Salt and pepper

2 or 3 cloves garlic, minced

1/2 t. dried herb (thyme, rosemary...)

1. Quarter the zucchini lengthways, then chop into 1/2-inch pieces. Start cooking in a little oil over medium-high heat.
2. Chop the Portobello stem or a few mushrooms and toss into the pan.
3. When the zucchini and mushrooms are cooked (tender, but cooked) stir in the garlic and herb of choice.
4. Sprinkle salt and pepper on the vegetables and cook till the garlic softens and loses its raw bite. Serve.

### **Grace's Clarified Butter and Mushrooms**

Get a pound of butter and clarify it. Melt it on the stove top and skim the thick white stuff that rises to the top. You will be left with the clear stuff on the bottom. Forgive me, I am not a chef! Then cut up a LOT of mushrooms (as many as you want). Mushrooms shrink considerably when you cook them so take that into consideration. Cook them on medium heat for about 3 hours. Yup! I mean 3 hours. The mushrooms change flavour and get a grand texture. It is a mouth watering sinful topping to put on a killer steak!!!! Finger lip smacking GREAT!

## **Spaghetti Squash Creativity – from Zoe**

3 c. cooked spaghetti squash strands (see below)

1 egg, beaten

1/3 c. Parmesan cheese

1 Tbsp. melted butter

Mix above well. Press evenly into a 9" pie plate to form crust.

1 c. Ricotta cheese

1 egg, beaten

Mix together. Spread evenly over squash mixture in pie plate.

1/2 lb. ground beef (or bulk Italian sausage)

1/2 c. onion, chopped

1/4 c. green pepper, chopped

2 (small) cans tomato sauce

1 tsp. garlic powder

1/2 tsp. dried oregano, crushed

1/2 tsp. dried basil, crushed

1 tsp. dried parsley, crushed

In large skillet, brown meat with onion and green pepper. Drain off excess fat. Add tomato sauce and spices. Simmer a few minutes, then spoon over Ricotta mixture in pie plate.

Sprinkle with 1/2c. shredded Mozzarella

Bake at 350 for approximately 15 minutes. Sprinkle mozzarella over top, then bake an additional 5 – 10 minutes to melt cheese and set crust. Let sit 5 – 10 minutes before cutting.

5 servings at 14.5 g carbs each    6 servings at 12 g carbs each

*Wondering about spaghetti squash?*

It is a sort of a football-shaped squash, fairly large and quite yellow in colour. Cut it in half lengthways (it is pretty hard to cut—be careful!) and scoop out the seeds in the middle.

To oven bake, place in a baking pan, cut side down, with 1" water. Bake at 350 for 20-30 minutes (until its somewhat soft). To microwave bake, place in glass pan, cut side down, with 1" water and nuke on medium-high for at least 10 minutes (until somewhat soft). After cooking, use a fork to remove the pulp from the rind—it'll come out in spaghetti-like strands.

The smallest one I've ever bought yielded 3 c. strands. Larger ones may yield 3 c. per half of the squash!

For comparison, 1 c. spaghetti squash has 10 g carbs; 1 c. cooked spaghetti noodles has about 40 g carbs!

### **Creamed Spinach - from Debbie**

1 lb. fresh spinach, washed, cleaned cooked, drained well & chopped (You can use frozen)  
1/2 small Onion, minced  
1 Tbsp. Butter  
1/4 cup Heavy cream  
Pepper to taste  
Pinch of Nutmeg

I skillet cook onion in butter over moderate heat. Stir in well drained spinach, cream pepper, salt to taste. Cook until most of cream is absorbed.

The recipe says it serves 2. I used fresh spinach & it came out really good. Don't know the carb count but except for the cream: 1 cup spinach is 3.1 per 1/4 cup, onion is 5.3 as per PP since the onion is about 3 tbsp. in the recipe. I'm figuring a cup of this is about 8 grams, maybe figuring high, It really serves more than 2.

### **Other Creamed Spinach Ideas:**

- My new favourite way of eating chopped spinach is mixed with sour cream and Cajun seasonings. I just cook the spinach, drain off all of the water, and add sour cream (amount depends on your preference) and some seasonings. Heat and eat. – from JFMoel
- You could add shredded mozzarella or Monterey Jack to the cooked spinach, too. Cook it down with olive oil & chopped onions (just a few), add the shredded cheese, cook until it's all melted. Tastes very good. – from Tom
- Use parmesan as a thickener; cook the spinach, add some cream and parmesan and salt. – from Red
- I just cook up spinach (usually frozen) and mix in cream cheese (amount varies but about 4oz per package of frozen spinach) and cook it long enough to melt the cream cheese. - from Sue
- I do it with cooked, chopped spinach, a little heavy cream, and some ground nutmeg. To *\*really\** drain the spinach thoroughly, I spin it in my salad spinner. – from Alice Faber

### **Spinach Cheese Bake – from Brenna**

1/2 bag baby spinach (pre-washed)  
1/4 cup grated sharp cheddar (I like white cheddar)  
1/4 cup grated dry jack (Parmesan would work too)  
Garlic pepper  
Few dashes of heavy cream

Roughly chop the uncooked baby spinach, and fill (to overflow) a casserole dish. Sprinkle with garlic pepper. Sprinkle with cheeses, dribble cream over the whole mess, and smoosh down into the casserole so that you can put the lid on (It will reduce to about 1/5 of the original bulk after cooking) Bake for 10 minutes covered, then 10-15 minutes uncovered at 350 (same temp as the chicken).

### **Faux Fried Rice – from Jeri Vondera**

1/2 head of raw cauliflower, grated (had about 3.5 cups of grated, loosely packed cauliflower)  
3 green onions, chopped  
4 cloves garlic, minced  
2 - 3 Tbsp. of low-sodium soy sauce  
1/2 to 1 tsp. of garlic salt  
3 eggs, beaten  
Oil  
Pork, chicken, or shrimp, cooked (optional)

In a wok or large pan, heat enough oil to cover bottom of pan. Fry minced garlic and white part of onions for approx. 1 min. Add grated cauliflower and fry for approximately 5 min, stirring constantly. Add soy sauce, garlic salt, green onion tops, and meat (optional) and stir until mixed. Push mixture to side of pan. Add more oil if necessary, and scramble eggs in empty side of pan until done but still moist. Stir eggs into “rice” and remove from heat. Serves 3 as a side dish.

Note: I didn’t measure anything. These measurements are just estimates.

Note: The secret is to use raw cauliflower. I tried this with leftover cooked cauliflower last week, and it wasn’t very good. Tonight I used raw, and everyone liked it.

### **“Vietnamese” Spaghetti Squash – from Diem**

You prick your spaghetti squash all over and then boil it for about 10 minutes. The inside should still be “raw” and crunchy.

You take the pulp out which will resemble coarse coleslaw. Take the shreds of the squash and put it in a large bowl. Mix in with the squash, some cooked shrimp, sliced cooked pork (chicken for those of you who don’t eat pork), shredded carrots, beans sprouts, and about a cup of cilantro.

Transfer onto a nice platter and sprinkle the top with peanuts or sesame seeds.

The traditional sauce that goes over this is made with real sugar. I have not made the recipe with substitute sugar but I’m sure you can. It’s equal parts, whether it’s 1 T or 1/4 cup or 1 Cup. as long as it’s equal measures:

1 part water  
1 part white vinegar  
1 part sugar

Dissolve in microwave

Then add 1 part fish sauce. You can find this in any Asian store or your ethnic food aisle in the grocery store. Add as much hot peppers as you like to the sauce.

\*\*\* this sauce can be used as a dipping sauce or as a marinade for grilling anything.

Serve the sauce on the side so people can add as much as they want onto the “salad”.

This brings me to another recipe. You use the same ingredients as above but use shredded cabbage instead of spaghetti squash.

**Georg's Armored Turnips**

Cut up turnips that have been either boiled or cooked under the ashes. Likewise do the same with rich cheese, not too ripe. These should be smaller morsels than the turnips, though. In a pan greased with butter, make a layer of cheese first, then a layer of turnips, and so on, all the while pouring in spice and some butter, from time to time. This dish is quickly cooked and should be eaten quickly, too.

1 lb. turnips (5 little)

10 oz cheddar cheese

2 T butter

1/2 t cinnamon

1/4 t ginger

1/4 t pepper

Boil turnips about 30 minutes, peel and slice thin, layer turnips and sliced cheese in 9"x5" baking pan, and bake 30 minutes at 350deg.

# Chapter 15 - Complete Menus

## Christmas or Thanksgiving Dinner - from Caroline Ghanbari

This year, I prepared nearly all these recipes the night before to allow the flavours to mingle. As a result, the effort required on “the day” was minimal and my family said each dish tasted significantly better than last year. (And of course, nearly everything was low carb this year, too!) So wherever you see \*\*\*\*\*, this is the point at which you can stop and refrigerate the covered prepared dish and finish it off in the oven the next day. The cauliflower and brussels sprouts are best cooked fresh right before you want to serve them to minimize the inevitable “essence of cruciferous vegetable,” but you can certainly chop and assemble the seasonings the night before.

Except for the gravy, each recipe serves 4 to 6 (1/4 to 1/2 cup servings).

These recipes are relatively small in volume because my experience at holiday meals is that everyone takes a bit of everything but not too much of anything, and I’m not crazy about leftovers. If you want bigger portions, lots of leftovers or are serving a big crowd, you can double or triple these recipes easily.

If you ate a big plate with one serving of each item plus either the pumpkin custard or the cheesecake, you’d end up eating 45 carbs, 15 grams of fiber and 30 ECC (roughly one day’s carb allowance on PP or OWL) and you’d be stuffed for the rest of the day. Adjust serving sizes to your individual carb tolerance, and skip items that contain your particular trigger foods (i.e., wheat, etc).

### NOTES:

If you use Splenda or additional packet sweeteners in any of these recipes, add 1 carb for each packet used. ECC: Effective Carb Count on Protein Power; carbs minus fiber

## Roast Turkey

13 pound turkey

Olive oil spray

Celery salt, pepper, and dry herbs of choice (tarragon, marjoram, basil, oregano, rosemary, etc)

Oven roasting bag

Scrub your sink with cleanser and rinse well. Remove turkey from bag and place in sink. Remove giblets from neck and abdominal cavity and refrigerate for gravy. Rinse turkey well inside and out and pat dry with paper towels. Spray with olive oil. Sprinkle celery salt, pepper and dried herbs liberally all over outside and inside of turkey. Place in oven roasting bag then place in roasting pan. Clean your sink well again with cleanser and wash your hands with hot soapy water before preparing any other foods. \*\*\*\*\* Bake turkey in 350 degree oven for 2 to 2 1/2 hours or until meat thermometer inserted in thigh reads 180 degrees. Let sit for 15 minutes then open bag and carve.

Carbs: zilch; eat as much as you like. :)

## **Giblet Gravy**

Giblets and turkey neck  
 1 stalk celery with leaves, chopped  
 2 bay leaves  
 1/2 small onion, thinly sliced  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 Kitchen Bouquet liquid seasoning (optional)

Separate liver from giblets and refrigerate in ziploc bag. Put remaining giblets and turkey neck in large saucepan and cover with 6 cups water. Add veggies and spices. Bring to a boil then reduce heat and simmer covered for 2 1/2 hours. Add liver and cook 15 minutes more. Remove giblets from liquid. Remove bay leaves, then lenderize liquid with veggies (I use a hand blender). \*\*\*\*\* Chop giblets and add to liquid. Heat and add additional salt and pepper to taste.

Serve as a thin “au jus” over turkey and dressing, OR thicken with a tablespoon of ThickenThin not/Starch (available from Expert Foods at [http://members.tripod.com/~Expert\\_Foods/](http://members.tripod.com/~Expert_Foods/)), or continue to cook uncovered to reduce the volume down further. If you like a dark brown gravy, add just enough Kitchen Bouquet to give it the color you want.

About 10 carbs in the entire recipe. The not/Starch is 100% fiber.

## **Southern-Style “Cornbread” Dressing**

1 recipe Atkins Quick and Easy Bread (recipe on side of Atkins Bake Mix can)  
 2 slices Oroweat Light 100% whole wheat bread, crumbled  
 2 cups chopped celery (be sure to include the leaves)  
 1 cup chopped onion  
 1/4 cup butter  
 1/4 cup fresh chopped parsley  
 1/4 tsp dried thyme (or 1 teaspoon fresh minced thyme)  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 1 egg  
 1/2 cup chicken broth (canned OK)

Prepare Atkins bread; cool. Crumble Atkins bread and wheat bread in food processor or blender. Saute onion and celery in butter just until wilted; add to crumbs in extra-large mixing bowl. Add parsley, thyme, salt and pepper and mix well. \*\*\*\*\* Beat egg with chicken broth; drizzle over top of crumbs and toss until thoroughly mixed. Bake uncovered in shallow baking pan for 1 hour in 350 degree oven.

Per recipe: 55 carbs, 15.5 fiber, 39.5 ECC

Per 1/6 recipe: 7.8 carbs, 2.2 fiber, 5.6 ECC

## **Holiday Cauliflower Puree**

1 large head cauliflower (about 1 pound)  
 1/4 cup sour cream  
 2 tbsp butter  
 1/2 cup grated cheddar cheese  
 2 tbsp. snipped chives  
 4 slices crisp bacon, crumbled  
 Salt and pepper to taste

Steam cauliflower until tender; drain. Puree in blender or food processor until smooth. Add remaining ingredients and mix well. Serves 4 to 6.

Per recipe: 27 carbs, 11.5 fiber, 16 ECC Per 1/6 recipe: 4.5 carbs, 1.9 fiber, 2.6 ECC



## **Green Bean Casserole**

2 -14 oz cans Del Monte Seasoned Green Beans, drained  
 1 cup Ragu Chicken Tonight Creamy Mushroom Sauce  
 1/8 teaspoon pepper  
 1/2 of a 2.8 oz can of French's French Fried Onions

Mix green beans, sauce and pepper together well. \*\*\*\*\* Bake 30 minutes in a 350 degree oven. Top with onions and bake 5 minutes longer. Serves 4 to 6.

Per recipe: 54.5 carbs, 16 fiber, 38.5 ECC

Per 1/6 recipe: 9 carbs, 2.6 fiber, 6.4 ECC

## **Brussels Sprouts with Bacon**

1 pound fresh brussels sprouts  
 1/2 pound bacon  
 1/4 cup chopped onion  
 2 tablespoons butter  
 Salt and pepper to taste

Cut brussels sprouts in half, then steam until crisp-tender (cut sprouts will separate if boiled). Fry bacon until crisp, reserving 1/4 cup grease; drain, cool and crumble. Saute onions in bacon grease until wilted and golden brown. Add butter and Brussels sprouts and cook until sprouts are hot. Add cooked crumbled bacon, season with salt and pepper to taste. Serves 4 to 6.

Per recipe: 46 carbs, 20 fiber, 26 ECC

Per 1/6 recipe: 7.6 carbs, 3.3 fiber, 4.3 ECC

## **Baked Squash Casserole**

1 1/4 pound yellow crookneck squash  
 2 slices Oroweat Light 100% whole wheat bread, crumbled  
 2 tbsp melted butter  
 1/2 tbsp. minced onion  
 1/2 tsp. salt  
 Dash pepper  
 1 beaten egg

Make bread crumbs from wheat bread using food processor or blender. Cut squash into pieces and boil until very tender; drain well and mash. Add half of the bread crumbs and all of the butter, onion, salt and pepper. \*\*\*\*\* Mix in beaten egg. Sprinkle top with remaining bread crumbs. Bake in a shallow baking dish in a 350 degree oven for 30 minutes. Serves 4 to 6.

Per recipe: 47 carbs, 16.5 fiber, 30.5 ECC

Per 1/6 recipe: 7.8 carbs, 2.8 fiber, 5 ECC

## **Cranberry Walnut Cheesecake**

Note: set all ingredients on kitchen counter and bring to room temperature before mixing, for a smooth consistency. Prepare the night before; it has to be refrigerated overnight.

### ***\*Walnut Crust Ingredients***

1/4 cup flax seed meal (8 carbs, 8 g fiber)  
 1/2 cup finely chopped walnuts  
 1/4 stick melted butter  
 1/2 tsp. ground cinnamon  
 2 sweetener packets  
 "Pam"

### ***\*Cheesecake Ingredients***

32 oz. cream cheese  
 1/2 cup sour cream  
 4 large eggs  
 AS equal to 1 3/4 c. sugar (I used 1 tablespoon liquid saccharin, 1/2 level tsp. white stevia powder, 2 packets splenda and 1 packet Sweet One for 3 carbs)  
 1 tablespoon SF vanilla extract  
 1 tablespoon fresh lime juice  
 1 teaspoon grated lime zest

### ***\*Cranberry Topping***

1 cup fresh cranberries  
 1 cup water  
 1 tsp grated orange zest  
 AS to equal 1 cup sugar (I used 1/2 tbsp liquid saccharin and 1/4 level tsp white stevia powder)

**Topping:** Mix cranberries and water in saucepan. Bring to boil then reduce to a simmer and cook for 15 minutes. Add orange zest and AS. Chill.

**Crust:** Preheat oven to 325 degrees F. Thoroughly combine crust ingredients in a small bowl. Spray a 9 inch springform pan with non-stick cooking spray. Press mixture evenly into bottom of pan. Bake 6 minutes. Remove from oven and set aside to cool.

**Cheesecake:** Increase oven temperature to 475 degrees F. Beat cream cheese in large bowl until smooth. Beat in gradually (one at a time) the sour cream, eggs, sweetener, extract, juice and zest.

Place springform pan on foil-lined cookie sheet. Pour in cheesecake batter. Bake 10 minutes at 475 degrees, then, without opening oven door, reduce oven temperature to 200 degrees F and continue to bake for 1 1/2 hours more. Remove cake from oven and run a thin knife around the edge of the cake, then return cake to oven. Turn oven off and let cheesecake sit in oven with door ajar to 30 minutes. Remove pan to wire rack and let cool completely. Cover and refrigerate in pan until thoroughly chilled, usually overnight.

To serve: Remove sides of springform pan. Spread top of cake with chilled cranberry sauce. Cut with warm dry knife. Cover and refrigerate leftovers.

Per recipe: 70 carbs, 16 fiber, 54 ECC

Per 1/10 serving: 7 carbs, 1.6 fiber, 5.4 ECC

**Pumpkin Custard**

1 15 oz. can solid pack pumpkin

2 tsp pumpkin pie spice OR 1 tsp. cinnamon plus 1/2 tsp. each ground ginger & nutmeg

2 large eggs

1 cup heavy cream mixed with 1/2 cup water

1/2 tsp. salt

Heat stable sweetener to equal 3/4 cup sugar (*I used 1 tsp liquid saccharin, 1/4 tsp white stevia powder, 1 packet Sweet One and 2 packets Splenda*)

1/2 tsp salt

1/2 cup heavy cream, whipped

Mix all ingredients together until well blended. Pour into a 8 or 9-inch pie plate and bake in a 375 oven for 50 minutes or until set. Cool, cover and refrigerate. Serve with a dollop of whipped cream on top.

Per recipe: 51.3 carbs, 13 fiber, 38.3 ECC

Per 1/8 recipe: 6.4 carbs, 1.6 fiber, 4.8 ECC

## **Introduction to Low-Carb – Elegant Dining for Six**

From Tina MacDonald

This menu was developed to convince two individuals hovering on the brink of taking up a low-carbohydrate WOE that eating on this plan was not boring! Recipes were chosen to illustrate the variety of foods that could be eaten AFTER INDUCTION. Plan to spend two or three hours eating, as each course is served separately. Your choice whether to accompany the meal with glasses of chilled white wine.

### **Menu:**

#### *Appetizers:*

Salami Stack-ups  
Tuna Antipasto  
Cheese Pate Balls  
Seafood Pea Pods

#### **Soup::**

Curried Red Pepper Soup

#### **Salad:**

S & S Salad

#### **Main Course:**

Chicken Marengo en Casserole  
Broccoli/Zucchini Alfredo  
Green Beans Almondine  
Fauxtato Croquettes

#### **Dessert:**

Marbled Chocolate Hazelnut Cheesecake

### **Salami Stack-ups**

14 slices hard pepper salami  
Pepper cream cheese, at room temperature

Make two stacks of alternating layers of pepper salami and cream cheese. Each stack should start and end with a slice of salami, using 7 slices per stack. Wrap each stack in plastic wrap and refrigerate overnight. Cut each stack into 12 small wedges and place on edge on platter, showing the striped layers.

### **Tuna Antipasto**

1 can chunk white tuna  
1/4 cup finely diced zucchini  
1/4 cup finely diced red pepper  
1/4 cup finely diced celery  
1/4 cup finely diced green onion (scallion)  
2 tbsp. olive oil  
2 tbsp. white wine vinegar  
1 tbsp. lemon juice  
1 tsp. basil  
Salt and pepper to taste  
1 head endive, leaves separated, washed and chilled

Mix all ingredients except the endive in a zip-lock bag. Allow to marinate at least 4 hours in the refrigerator. Place a heaping tablespoon full of mixture on each endive leaf. Arrange on platter.

**Cheese Pate Balls**

1 inch slice of good liver pate, with no fillers  
 2 ounces sharp cheddar (or other firm cheese to taste)

Soften pate at room temperature. Cut one inch cubes from pate slice. Form around 1/2 inch cubes of sharp cheddar. Spear with toothpick and arrange on platter.

**Seafood Peapods**

1 can sockeye salmon, rinsed and picked over  
 2 tbsp. mayonnaise  
 1/4 tsp. dill weed  
 1/4 tsp. onion powder  
 Salt and pepper to taste  
 1/2 pound pea pods, washed, topped, tailed and split down one side  
 1 can medium shrimp, rinsed and drained

Mix first 5 ingredients, mashing salmon to a fairly smooth paste. Pipe into split peapods. Top each pea pod with three shrimp. Arrange on platter.

**Curried Red Pepper Soup**

1 1/2 pounds red, yellow, or orange sweet peppers (about 5-6)  
 1/2 cup chopped red onion  
 1 cup water  
 2 tsp. chicken bouillon granules  
 1 1/2 tsp. curry powder or, to taste  
 1/2 tsp. dried thyme, crushed  
 1/2 tsp. dried marjoram, crushed  
 1 tsp. garlic powder  
 3 ounces cream cheese  
 1 2/3 cups whipping cream  
 Sour cream (optional)

Halve peppers, seed, and remove internal membranes. Place on aluminum-foil covered cookie sheet and roast at 450 degrees for 10 – 15 minutes, until skins start to turn black and bubble. Place in paper bag to steam and cool. When the peppers can be handled, remove skins and slice peppers into strips and place in a pan with onion, water, bouillon granules, curry powder, thyme, marjoram and garlic. Simmer for 15 minutes. Add cream cheese cut into chunks. Puree mixture in blender or food processor until smooth. Stir in cream. To serve, swirl a teaspoon of sour cream on the top of each bowl. Total calories – 1,351      Total grams carbs– 46.1      Per serving – 226 calories      7.7 grams carbs

**S & S Salad**

2 bunches of spinach, washed and stems removed  
 2 cups whole strawberries, washed and sliced

***Dressing:***

2 tbsp. white wine vinegar  
 4 tbsp. oil  
 1 tbsp. Splenda  
 1/2 tsp. poppy seeds  
 1/4 tsp. dry mustard

Mix ingredients in small glass jar. Shake thoroughly to blend. Pour over salad and toss to coat. Serve immediately.

## **Chicken Marengo en Casserole**

4 slices bacon  
 2 broiler-fryers, cut up  
 Salt and pepper, to taste  
 1 large onion, chopped  
 1 clove of garlic, minced  
 2 large tomatoes, pared, seeded and chopped  
 1 teaspoon tarragon  
 1 cup dry white wine  
 1/2 pound small whole mushrooms  
 3 tbsp. butter  
 1 pound small white onions  
 1 tsp. chicken bouillon powder (I used Knorr's)  
 1/2 cup hot water

Brown bacon in a large skillet until very crisp. Remove bacon and place on paper towel to crisp. Reserve for garnish. Brown chicken pieces, a few pieces at a time in bacon drippings in skillet; remove to a 10 cup casserole dish with tongs.

Sauté onion and garlic in same skillet until soft: stir in chopped tomatoes and tarragon. Cook three minutes. Stir in white wine and bring to a boil. Spoon sauce over chicken in casserole.

Reserve 8 large mushrooms for garnish. Slice remaining mushrooms and sauté all the mushrooms with the small white onions in butter until brown. Add all but 8 large mushrooms to casserole.

Peel white onions and cut a small cross in the bottom of each one to prevent onions from separating during cooking. Brown onions well in same skillet. Dissolve instant chicken bouillon powder in hot water and add to skillet with onions. Simmer 10 minutes, until liquid has almost evaporated. Add onions, with any remaining liquid, to casserole.

At this point, the casserole can be refrigerated until ready to cook.

Cover casserole and bake in 350 degree oven for 45 minutes (60 minutes if casserole has been refrigerated), until chicken is tender. When chicken is cooked, remove cover and garnish with crisp crumbled bacon and reserved (reheated if necessary) large mushrooms.

## **Broccoli/Zucchini Alfredo**

1 large bunch broccoli  
 2 small zucchini

Separate broccoli into flowerets and place in steamer. Slice zucchini and place on top of broccoli. Steam until crisp-tender.

### ***Sauce:***

1 egg  
 1 ounce of cream cheese  
 2 tbsp. cream  
 2 tbsp. finely grated Parmesan cheese

Whip all ingredients together until mixture is smooth and creamy. Immediately on removing broccoli/zucchini from heat, stir in sauce mixture. The heat of the vegetables cooks the egg in the sauce, coating the vegetable with a smooth and creamy Alfredo sauce.

Total recipe: 522 calories, 10.2 grams of carbohydrate. Per serving: 130.5 calories, 2.6 grams of carbohydrate

## **Green Beans Almondine**

1/4 cup slivered blanched almonds  
1/4 cup butter  
1/4 tsp. salt  
1 – 2 tsp. lemon juice  
2 cups cooked green beans

Cook slivered almonds in butter over low heat until golden, stirring occasionally. Remove from heat; add salt and lemon juice. Pour over hot, cooked green beans.

Total recipe: 600 calories, 24 grams of carbohydrate

Per serving: 150 calories, 6 grams of carbohydrate

## **Fauxtato Croquettes**

The day before, make Debbie Cusick's Fauxtatoes

1 large head cauliflower, chopped, cooked very soft  
1 clove garlic  
3 oz. cream cheese  
1 tbsp. butter  
Salt and pepper to taste

Cook cauliflower with garlic. Drain thoroughly. Add remaining ingredients and mash, whip with a mixer, or blend in food processor. Chill overnight in fridge.

Have ready:

2 beaten eggs in small bowl  
2 large packages of pork rinds, crushed finely in food processor or blender  
Hot oil, at least 1 inch deep (I used canola oil)

The chilled fauxtato mixture is very soft, so the next steps are a little messy. Scoop enough fauxtato mixture in fingers to make a ball about 1 1/2 - 2 inch diameter. Roll ball in beaten egg, then in crushed pork rinds. Place on plate to firm up slightly. Repeat until all fauxtato mixture is used. Fry a few at a time in hot oil, turning once, about 2 minutes a side, until nicely browned and crisp. Remove from oil and place on paper towel to drain. Repeat until all croquettes have been cooked.

These can be served immediately, but it is less problematic to make these well ahead (they can even be frozen) and reheat in 350 degree oven for 15-20 minutes (longer if frozen). Crispy, crunchy and yummy!

## **Marbled Chocolate Hazelnut Cheesecake**

Serves 12 – fight with your guests to keep the leftovers!

### ***Crust:***

- 1 cup finely chopped hazelnuts (also known as filberts)
- 2 tbsp. melted butter
- 1 tbsp. Splenda

Mix together and pat into bottom on 10-inch springform pan. Bake at 350 for 10 minutes, and then chill in refrigerator for at least 1/2 hour.

### ***Filling:***

(this is based on Myra's New York-style Cheesecake)

- 3 packages (8 oz. each) cream cheese, softened
- Sweetener equivalent to 1 cup sugar
- 4 eggs
- 1 teaspoon vanilla

In a large bowl, beat the cream cheese and 1 cup sweetener until fluffy. Add the eggs, one at a time, blending well after each addition. Blend in the remaining 1 teaspoon vanilla. Reserve one cup of the batter. To larger portion of batter add:

- 1/2 cup chopped hazelnuts
- 2 tablespoons Frangelico (hazelnut) liqueur

### ***To reserved cup of batter add:***

- 2 tbsp. unsweetened cocoa powder

Dollop three large teaspoons of chocolate batter at intervals around the crust. Pour hazelnut batter over chocolate dollops. Add remaining chocolate batter in large spoonfuls around top of cheesecake, avoiding the places where you put the lower dollops (if you can remember where they are). Swirl chocolate batter with a knife through hazelnut batter, reaching completely through batter until almost touching crust. Do not “over-swirl” or you will lose the marbled effect.

### ***Topping:***

- 2 cups stiffly whipped heavy cream
- 1 tsp. vanilla
- 2 tbsp. Splenda
- 2 tbsp. cocoa powder
- 12 whole hazelnuts

Whip cream until very stiff, adding vanilla and Splenda. Reserve about 3/4 cup whipped cream, and use remaining cream to “ice” the cheesecake. Lightly place a doily or snowflake/decorative cutout on top of cake. Sift cocoa over doily, removing carefully to leave a lacy pattern on the top of the cheesecake. Pipe remaining whipped cream in twelve rosettes around edge of cheesecake, topping each rosette with a whole hazelnut. This really helps in determining how much a 1/12 serving is. If you want fewer servings/larger pieces use fewer rosettes.



## Chapter 16 - Tips and Tricks

### **For Improving the Taste of “Just Plain” Water**

- Try a squirt of lemon or lime to spice it up a bit.
- Try plain lemon juice. Especially in distilled water. I know many people do this to cleanse their systems. kind of like an antioxidant.
- A slice of lemon in a plain glass of water gives it a fresh dimension
- Place one strawberry in a 32 oz water container (remember to count your carbohydrates) then place it in the fridge for approximately 30 min. Then, the water tastes sooo good and you get to eat the strawberry afterwards!
- Try a straw - and make sure the water is really cold or full of ice – sounds silly but have ya ever noticed how quickly you can empty a drink at a fast food restaurant? - I believe the straw gets quite a bit down the hatch before ya even know it - try some lime slices too!
- Try better water. Most tap water is pretty wretched and if you’ve lived around it for awhile, you don’t realize how bad it is, except your body won’t swallow it. I couldn’t drink tap water here in Tampa without my Brita.

### **Fruit Comparisons**

|              |          |   |
|--------------|----------|---|
| Blackberries | 1 cup    | 18.4 grams of carbohydrate  |
| Blueberries  | 1 cup    | 20.5 grams of carbohydrate  |
| Cranberries  | 1cup     | 12.0 grams of carbohydrate  |
| Raspberries  | 1 cup    | 14.2 grams of carbohydrate  |
| Strawberries | 1 cup    | 10.5 grams of carbohydrate  |
| Apple        | 1 medium | 21grams of carbohydrate   |
| Banana       | 1 medium | 27grams of carbohydrate   |
| Orange       | 1 medium | 15.4grams of carbohydrate   |
| Lemon        | 1 medium | 2.7 grams of carbohydrate   |
| Lime         | 1 medium | 3.5 grams of carbohydrate   |
| Peach        | 1 medium | 9.7grams of carbohydrate with 1.4g fibre<br>for a net of 8.3 grams of carbohydrate. |

### **Weights, Measures and Equivalencies**

- One Equal tablet = one teaspoon of sugar in sweetness, same as one teaspoon of bulk Splenda. However, 30 teaspoons of Splenda will have 12 more grams than 30 Equal tablets.
  - Sweetener packets are all equiv. to 2 tsp. sugar.
- 6 packets == 1/4 cup
- 24 packets == 1 cup

## **Weights, Measures and Equivalencies**

- One **Equal** tablet = one teaspoon of sugar in sweetness, same as one teaspoon of bulk **Splenda**. However, 30 teaspoons of Splenda will have 12 more grams than 30 Equal tablets.
- 6 packets = one quarter cup sugar or Splenda  
12 packets = one half cup  
24 packets = one cup

**Stevia** is another matter entirely, and if you have a very well refined stevioside extract, 1/4 tsp. could be equivalent to a cup of sugar, but Stevia's strength varies widely by product.

- 2 tablespoons butter = 1 ounce  
1 stick of butter = 1/4 pound = 1/2 cup
- 1 square of chocolate = 1 ounce
- Juice of one lemon = 3 to 4 tablespoons  
Grated peel of one lemon = 1 teaspoon
- One pound cheese, shredded = 4 cups
- 1/4 pound blue cheese, crumbled = 3/4 to 1 cup
- 3 teaspoons = 1 tablespoon  
4 tablespoons = 1/4 cup  
5 1/3 tablespoons = 1/3 cup  
16 tablespoons = 1 cup  
1 cup = 8 fluid ounces = 1/2 pint  
4 cups = 2 pints = 1 quart  
4 quarts = 1 gallon  
8 quarts = 1 peck  
4 pecks = 1 bushel

## **The Plateau Buster's Checklist –thanks to Ted Carpenter**

(from the Lowcarb Retreat at <http://www.lowcarb.org>)

### **IF YOU ARE NOT GETTING RESULTS:**

A lot of folks on the Atkins Diet are having "plateau" problems. I read about folks on a plateau for several weeks and wondering what to do about it. Here's what Dr Atkins suggests in his book "Dr. Atkins' Super Energy Diet," copyright 1977.(out of print) This is his second book, following "Dr Atkins' Diet Revolution." He devotes a chapter to "If You Are Not Getting Results." I'll try to set this up as a sort of checklist you can use although much will be paraphrased and abbreviated.

1. **DON'T GIVE UP** - Your continued search will probably find the problem and correct it.
2. **CHECK FOR HIDDEN SOURCES OF SUGAR** - Sugar goes under many different names & in many cases does NOT appear on the label. Many vitamin tablets have sugar fillers. CHECK!
3. **PERHAPS YOU'RE CHEATING ON THE DIET** - If you think it's too small to matter, better check again. (Even one M&M)
4. **OR YOU MAY STILL BE KEEPING YOUR FOOD INTAKE TOO LOW** - Many times you carry over habits from other diets & eat too little. EAT UP.. The right things & don't skip meals.
5. **ARE YOU EATING SIX SMALL MEALS OR SNACKS A DAY?** – A frequent eating schedule will provide a constant source of energy without the insulin rebound. Six small feedings a day are better than 3 large meals to break the

energy/weight loss barrier.

6. **YOU MAY NOT HAVE FOUND YOUR PROPER LEVEL YET** – Reduce carbs still further, works in 4 out of 5 people, or ADD carbs while still remaining in ketosis. Try it and see.
7. **CHECK YOUR MINERAL BALANCE** - You may have a mineral imbalance. Such as zinc/copper. Or a trace mineral shortage.
8. **YOU MAY BE LOSING TOO MUCH SALT** - Salt or potassium shortages are common in the first stages of the diet. Eat salty foods & take potassium supplements.
9. **TRY TO EXERCISE MORE** - Exercise can improve circulation, stabilize blood sugar & other important metabolic benefits.
10. **FOOD ALLERGY—A NEW CONCEPT** - May cause all sorts of problems, fatigue, headache, Check possibility in your diet.
11. **FOOD ADDITIVES MAY BE YOUR PROBLEM** - Over a billion lbs of chemicals added to our food every year. (1977 data) You may be allergic to some of them. Check dyes in soft drinks.
12. **YOU MAY BE DRINKING TOO MUCH COFFEE OR TEA** - Coffee, cola & tea stimulate release of insulin with a temporary lift in energy followed by hunger, fatigue & slower weight loss.
13. **IT MAY BE BECAUSE YOU ARE SMOKING** - Some people will not respond to the diet unless smoking is stopped. Smoking uses up vitamin C & stimulates the adrenal gland.
14. **HOW MUCH ARE YOU DRINKING?** - Alcohol stimulates insulin.
15. **IT MAY BE THE MEDICINES YOU ARE TAKING** - Many drugs, even aspirin, can cause hypoglycemia. Watch out for hormones, amphetamines, diuretics, antihistamines, anti-inflammatory drugs, analgesics, anticoagulants, anti-diabetics, antibiotics, tranquillisers, clofibrate, acetaminophen, and propranolol.
16. **LAST MONTH'S DIET PILLS MAY BE SLOWING YOU DOWN** - Sometimes it isn't what you are taking but what you were taking that slows you down.
17. **SEX HORMONES** - Will slow down weight loss and stimulate the production of insulin. Estrogen (used in birth control pills) and Testosterone have much the same effect.
18. **TOO MUCH SALT MAY BE CAUSING RETENTION OF WATER** - After 2 to 3 weeks on the diet, the body partially adapts and excessive salt can cause some water retention.
19. **WHAT ABOUT QUANTITIES?** - If weight loss stops short of your ideal weight, even though you are producing ketones, you must conclude that the quantities within the diet are too great. The diet usually works best with just enough calories to stave off hunger. Too many people misinterpret the instructions regarding the diet as "Eat unrestrictedly." When they do this they will still lose weight in the beginning, which will reinforce their assurance that no heed whatever need be paid to quantities. In most cases, this practice will lead to a stalemate partway to the desired goal.
20. **YOU MAY HAVE TO COUNT CALORIES IN ADDITION TO CARBOHYDRATES** - I have never said that calories don't count because I know of course that they do. I say that carbohydrates count more. If your case is especially difficult, you may have to count both. There is no question that a 1,500-calorie, 10-gram diet will take more weight off, and more quickly, than a 2,000-calorie 10-gram diet.

I hope nobody has to get to item 19 or 20 to solve their problem but still, if you have a metabolic resistance to losing weight, you must consider everything except giving up and admitting defeat.

#### **Addendum:**

1. Your problem may be a low thyroid.
2. A systemic YEAST infestation may be part of your problem. Read chapter 13 of "Dr Atkins' New Diet Revolution"
3. Your vitamin mix may need something different. Read chapter 22 on Nutritional Supplements. **Garnishes and**

## **Food Presentation – from DahliaLady**

If you like to "play" with your food, you can certainly do that with low-carb foods! The following ideas are off the top of my head. I bet you'll think of some other lovely ones to share with us!

- Cut your vegetables into different shapes every night. Firm veggies like zucchini and winter squashes are best for this.
- "Matchstick julienne" your zucchini (cut it into 1/8" slices; stack 3 or 4 slices and cut those crossways into 1/8" matchsticks).
- Get a ripple cutter (I've seen several versions; the blade looks like the wiggly centre of corrugated cardboard) and use it on zucchini, cucumber-- anything sliceable.
- Turn zucchini into "linguini"; use a regular vegetable peeler to peel off thin strips, and just keep peeling and peeling...
- If you're serving mushrooms, try partially peeling them. Take a little strip off; leave a strip; so you get a stripey pin-wheel effect. (Works best with brown mushrooms like cremini.) Or peel one half and leave the other half intact.
- Drizzle sauces over meat in artistic patterns that please you. Or (the more modern version) drizzle sauces on the plate in random patterns and place the meat on top.
- Cut Portobello mushrooms into thin slices. Sauté them until cooked. Lay them in a fan over steak or hamburger. Drizzle au jus or a butter sauce over that.
- Cut a slice of cheese into a fancy shape (star, flower, jack o'lantern or ...?) and place it on top of a cooked chicken breast or hamburger. Run it under the broiler for several seconds-- just long enough so the cheese gets hot and a little puffy, but not so long that it starts to run (which would spoil the shape).
- (I haven't yet made fauxtatoes, but I bet the following would work...) Put your fauxtatoes in a pastry bag and pipe them onto the plate in decorative ways. Around the edge? As a flowery garnish? Nestled up to the meat? If the plate is heatproof, run it under the broiler quickly (I think that would work) or sprinkle with a dash of paprika for pretty colour.
- Actually, any puree can be piped. Pureed pumpkin would be gorgeous.
- Place two purees of different colours next to each other and use a knife to "marble" them. Draw the knife through both purees so that trails of each colour swirl through the other one. Don't overdo this or you'll get mud. Sour cream also pipes very well.

## **For desserts:**

- Whipped cream can be piped if you use a large tip.
- Melt Lynne's chocolate and drizzle it in pretty patterns over cheesecake. Fan a couple of strawberries and mint leaves for garnish.
- Place sliced almonds in a pretty pattern around the edge, or make a flower in the centre of the cake.
- If you like no-bake cheesecakes, try making them in a mould.
- Some recipes include a step where you place semi-solid cheesecake or mousse in a bowl for individual servings; try moulding the dessert with your spoon. Swirly onion-dome peaks can be pretty.
- A light dusting of unsweetened cocoa powder (less than 1/8 tsp. per serving) wouldn't add a lot of carbs or calories, but would add colour and accent. Try dusting through a lace doily on a flat cheesecake. Take the doily away and you have chocolate lace.

## **Ideas for Eating while Flying**

- I've heard the diabetic meal is inedible. Plan on bringing your own food on the plane. Bring some cheese, some kind of cold cut or salami, beef jerky, maybe hard boiled eggs. Peel a cucumber, slice in half the long way, and scoop out the seeds with a spoon. Fill the cucumber boats with tuna salad or chicken salad, and wrap up. They're about as easy to handle as a sandwich. From Jamie
- I'd suggest bring your own LC stuff on the plane. Even Atkins bars are better than the nasty airline food. Remember to drink lots and lots of water, particularly if it's a long trip. – from Barbara Ashley
- Ask for a burger/steak with salad ranch or oil dressing. – from Desiree

## **What if I Hate Breakfast/Need a Quick, Easy Breakfast?**

- Eggs are no great shakes, but if I do eat them, usually they're like this: a bed of spinach, topped with smoked salmon, poached eggs all smothered with hollandaise sauce! Other breakfasts have been Italian sausage with peppers and onions, WASA crackers with pate` or sardines, or cream cheese and caviar (the cheap stuff!). Also on my way to work I take some home-made beef jerky to chomp on!! – from Jennifer
- I was surprised to find that Spam had virtually no carbs. I fry it for breakfast and chop up the leftovers to mix with mayonnaise for a snack or lunch. In addition, I just tried it an hour ago with guacamole and it was delicious.
- Sometimes when I don't feel like a heavy breakfast, I have 2 ounces of cottage cheese, diet Jello, and maybe a celery stalk with Philadelphia brand smoked salmon cream cheese and coffee with cream and Sugar Twin. About 6-7 carbs total and filling. – from Joyce Moore
- Cream cheese and lox on RyVita crackers – from Alice Faber
- I do breakfast rollups - 1 slice bacon, 1 slice roast turkey, and 1 slice pepper cheese (add lettuce if you like). A nice change! – from Craig
- My latest craze is seafood omelettes using either frozen crabmeat or those little bitty shrimp. Frozen is easiest & cheapest to deal with but if you have fresh available, even better. A little Swiss or Parmesan cheese and you'll never look at bacon the same way again. - from Dave Brichler
- Strawberries or raspberries or blueberries in some cottage cheese (NOT the low-fat kind!). A grilled pork chop or two with some sliced tomatoes on the side. A ham steak, grilled or fried, with some spicy mustard on the side. A chicken breast (dinner leftovers are particularly easy) reheated or not. Some sugar-free Jello topped with a healthy portion of cottage cheese with a side of bacon. – from Alicat
- Take a small package of cream cheese, cut into chunks. Fry up some bulk sausage, set it aside. Sauté some chopped up onions in the sausage grease, drain and put the sausage back in the pan. Prepare eggs to scramble and pour them over the sausage, cook over medium heat and add the chunks of cream cheese and let it melt into the scramble mixture. (Amounts of sausage/onions/eggs - and cream cheese, for that matter – up to individual taste.)
- Here's a quick and easy breakfast: Cottage cheese mix in a packet of equal and a tad bit of cinnamon. – Bossss
- The others have given you good low-carb ideas, I'll pitch in with a few slightly higher-carb ones: from Orit in Israel
- Slice of whole-grain bread with whatever you like on it. Personally I like hummus and pastrami, or avocado and hard-boiled egg, or cheese (and maybe pizza sauce and salami, grilled for a few minutes?). Not that those things don't work without the bread, but it does add a certain something.
- Yoghurt or sour cream with berries (or sliced fruit) mixed in
- Cold cereal. I can afford a cup of milk and an ounce of bran flakes some days. If that's too carby for you, use less flakes and more chopped nuts and flax meal, and replace the milk with diluted half-and-half.

- Hot cereal. There's a recipe floating around here involving crushed WASAs and flax meal cooked in cream (I think)? Or use Not/Cereal to stretch some oats or cream of wheat.
- Vegetable salad with cubes of feta cheese.
- I have a few breakfast alternatives. One is using Not/Cereal from Expert Foods. they have recipes on the site for Oatmeal AND Grits and several other things. here is the site I use:
- <http://click.hotbot.com/director.asp?id=4&target=http://www.lowcarb.com&query=low+carb+connosuers&rsource=LYCOSDH>

Also I have found that the PRO Formix brand of soy isolate is just wonderful for pancakes. You cannot tell the difference. and we are using the NEW LOG CABIN syrup sweetened with SPLENDA!!! don't use too much and you have a LO CARB breakfast! – from Cheryl

- Here's some breakfast ideas: wasa with: peanut butter, cream cheese, cheese, meat; cottage cheese; make-ahead crust-less quiche — eat cold or zap in microwave for a minute; egg salad, tuna salad, chicken salad – from Mary
- Celery stalks with cream cheese and smoked salmon..YUM! Or sometimes just a bit of sugar-free peanut butter instead of the fancy stuff. Leftover meat, warmed up in the microwave. – from Starlight
- I make egg salad with a little bacon and mayonnaise the night before... then its ready to eat for breakfast without any fuss..... very quick. – from Nancy.
- I bought on of those little snack master things. It looks like a waffle iron with 2 triangular compartments. I think maybe it cost \$15 at Wal-Mart. I make mini omelettes, and then just microwave them when ready to eat. I mix up a bunch of eggs...and fillings (meat, onions, cheese, etc). Pour in the eggs, drop some fillings in the centre, and close. They cook up wonderfully. Everything is neatly contained in a little egg package. I wrap individually and breakfast is ready in a snap. – from Franca.